FORMAL DINNER SERVED BY A CLASS AT THE UNIVERSITY OF CHICAGO—CANAPES IN PLACE.
The colors were yellow and white, cosmos forming the centerpiece. The menu on page 414 was modified to carry out the color scheme—Creamed Carrots in Turnip Cups was substituted for Corn Soufflé, Apricot Ice for Currant Ice, Orange and Cress Salad for the Tomato Cup Salad.

LESSONS IN COOKING

THROUGH

PREPARATION OF MEALS

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A CORRESPONDENCE COURSE

PREPARED TO TEACH THE ART OF COOKING IN THE HOME,
THROUGH A SERIES OF GRADED MENUS, WITH DIRECTIONS FOR PREPARING THE MEALS AS WELL
AS THE SEPARATE RECIPES

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INTRODUCTION

THE problem of home cooking is to prepare appetizing and wholesome *meals,* with due regard to expenditure of time and money.

The typical cooking course teaches the art by means of separate dishes, leaving the student at a loss when it comes to combining them or to preparing whole meals of several dishes at the same time.

The beginner, with only a cook book for a guide, often attempts the most difficult and complicated dishes first, with failure and discouragement, loss of time and materials as the result. The cook book gives little help in serving wholesome food combination and a balanced diet. It does not answer the ever-present question, "What shall be provided for today, for tomorrow, for the day after?"

In this series of lessons is presented a systematic correspondence course in the cooking of meals, with detailed directions, not only for cooking the separate dishes, but also for preparing and serving *each meal as a whole.*

The course is divided into twelve parts, each containing the recipes for a week's menu, typical of one month in the year. With the exception of seasonable fruits and vegetables, the menus may be applied to any month. In the first lessons the simplest recipes are gives, gradually increasing in difficulty to advanced work in the lessons of the later months. The recipes, in most cases, give quantities suitable for serving a family of four. The cost of the food served is now omitted because so variable, but its food value is given, followed by suggestions for reducing the cost, if desired.

The menus are planned to give pleasing variety, wholesome food combination, and well-balanced meals which may be prepared with economy of time, effort and money. Menus for special occasions are included, as for Thanksgiving and Christmas dinners, formal and informal luncheons and dinners, chafing-dish suppers, birthday and children's parties, etc.

Each part contains one or more special articles relating to the "Preparation of Meals," such as waiting on table, carving, dishwashing, candy making, marketing, fuels, planning menus, canning, preserving, etc. Helpful hints and suggestions are given throughout the lessons and at the end of many of the parts. A summary of all the menus, glossary, bibliography and full and complete index are provided at the end.

In the following course, the student is expected to cook and serve all of the meals given in Part I during the first month, the meals in Part II during the second month, and so on through the twelve parts. The written work consists in sending a detailed report of each month's work, telling of successes and failures, giving time spent in cooking, the cost of the meals served, and *asking* questions. Report blanks are furnished. A certificate, 16 by 21 inches, on parchment bond, is awarded if the twelve reports are made.

In the preparation of the course, the literature of cooking has been examined thoroughly and the assistance of a number of prominent teachers of cookery has been obtained. The course is offered in the expectation that it will prove particularly helpful to beginners and be welcomed as well by those who have had experience but who desire to perfect themselves further in modern methods of cooking.

AMERICAN SCHOOL OF HOME ECONOMICS.

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TABLES AND DEFINITIONS

The following tables and definitions are taken from the Bulletin of the American School of Home Economics, entitled "Free Hand Cooking." In it an attempt has been made to simplify the art of cookery by concentrating and by classifying according to process. Fundamental recipes are given which are capable of infinite variation. The complete Bulletin may be obtained from the School for ten cents.

The pages are included here as a general guide and for quick reference. Details and specific directions will be found in the Lessons.

WEIGHTS AND MEASURES

3 teaspoons=1 tablespoon
16 tablespoons=1 cup
2 cups=1 pint
2 pints=1 quart
4 quarts=1 gallon
1 cup=8 ounces (volume)

A gallon of water weighs 8⅓ pounds—a cup of water, 8⅓ ounces (avoirdupois). A gallon contains 231 cubic inches.

All materials are measured level, i. e., by filling cup or spoon more than full and leveling with a case knife. This applies to liquids which "round up" in spoons. Flour, meal, and fine sugar are measured after sifting and piled into the measure lightly. Standard measuring cups holding ½ pint should always be used. Tea and coffee cups vary so greatly that correct proportions can not be obtained by using them.

Tea and tablespoons vary considerably. Standard tea and tablespoons should be used.

APPROXIMATE MEASURE OF ONE POUND

2 cups milk
2 cups butter
2 cups chopped meat
2 cups granulated sugar
2 2/3 cups brown sugar
2 2/3 cups powdered sugar
3½ cups confectioners' sugar
4 cups patent flour
4 cups entire wheat flour
4½ cups Graham flour
2 5/6 cups granulated cornmeal
2 2/3 cups oatmeal
6 cups rolled oats
4 1/3 cups rye meal
1⅞ cups rice
2 1/3 cups dry beans
4 1/3 cups coffee
8 large eggs
9 medium eggs
10 small eggs

APPROXIMATE MEASURE OF ONE OUNCE

Read "tablespoons" in place of cups in the above and the weight is about 1 ounce.

No table of weights to measure can be more than approximate, as different samples vary in weight for bulk. In truly scientific cookery quantities should be measured by weight. The table is useful for comparison, i. e., powdered sugar is more bulky than granulated and less so than confectioners', hence the greater sweetening power of granulated; ordinary white flour (sifted) is less bulky than graham flour, and so on.

Experiments have shown that there may be a difference of 25 per cent in the weight of a "cup of flour" measured by different persons in different ways. One method is to sift the flour onto a square of glazed paper (or oil cloth) and pour it into the cup placed on another piece of paper—tap the side of the cup once with a knife and level.

METHODS OF APPLYING HEAT

BROILING—Cooking before or over glowing coals or under gas. Radiant heat. High temperature at first to sear outside, thus developing flavor and retaining juices; then lower temperature for the heat to penetrate and to avoid burning.

PAN BROILING—Cooking on very hot griddle with only sufficient fat to prevent sticking.

ROASTING—Same as broiling, superseded by baking in oven.

BAKING—Cooking in oven by heated air and radiation.
Slow oven, 270°—350° F.
Moderate oven, 350°—400° F.
Quick oven, 400°—480° F.
(These temperatures were taken by a thermometer through the top of a gas stove oven).

BOILING—Cooking in boiling water, 212° F.

STEWING—Cooking in water at temperature 160° to 180° F.

STEAMING—Cooking in contact with steam, 212° F.

DRY STEAMING, as in a double boiler, 192° F.

FRYING—Cooking by immersion in deep fat, approximately 360° F. for uncooked foods, 380° F. for cooked foods. The fat used: all lard, 2/3 lard and 1/3 beef suet, "cod fat" from the flank of beef, oil, "snowdrift," "cottolene" and mixtures. Temperatures vary to produce similar effects with different fats.

SAUTE-ING—Cooking in small quantity of fat—often called frying.

BRAISING—Combination of stewing and baking. Meat is often first seared to develop flavor and prevent escape of juices.

FRICASSEEING—Combination of sautéing and stewing.

COMPOSITION OF RAW FOODS

Parts in 100 (approximate).

Wheat Flour—12 water, 12 gluten, 75 starch, 1 fat.
Cornmeal—12 water, 9 protein, 75 starch, 2 fat.
Beans and Peas, dry—13 water, 24 legumen, 60 starch, 2 fat.
Potato, white—78 water, 2 protein, 18 starch, trace of fat.
Parsnips, Carrots, Turnips—85 water, 1 proteid substance, 9—12 starch and sugar, ½ fat.
Banana—75 water, 1 protein, 22 sugar and starch, ½ fat.
Loin of Beef (avg.)—60 water, 18 protein, 20 fat.
Eggs—74 water, 13 albumen, 10 fat.
Egg, white—86 water, 12 albumen, no fat.
Egg, yolk—50 water, 16 albumen, 33 fat.
Milk—87 water, 3 casein, 5 sugar, 4 fat.
Cheese—33 water, 26 casein, 33 fat.
Nuts—3 water, 20 protein, 15 starch, 55 fat.
Butter—12 water, 1 protein, 85 fat.
Lard, Olive Oil—100 fat.

All the above foods except refined fats, sugar and starch, contain from ½ per cent to 1 per cent of *mineral matter* (salts), apparent when the foods are burned as *ash*. Butter and cheese have 2 per cent or 3 per cent of common salt added.

Protein foods are eggs, meats, fish, cheese.

Starchy foods are the grains—wheat, rice, rye, oats, corn, etc., beans, peas, potatoes, chestnut.

Fats are prominent in fat meats, nuts, cream, butter, lard, vegetable oils.

Cellulose or woody fiber is found in vegetables, unscreened flours and meals, and in fruits, especially when unripe.

EFFECT OF HEAT ON FOOD MATERIALS

STARCH absorbs water, swells and becomes partially soluble in water. This begins at about 150 degrees F. Dry starch begins to change to dextrine at about 320 degrees F.

SUGAR is not changed at low temperatures unless acid is present. It melts at about 365 degrees and begins to caramelize at about 420 degrees F. Sugar, boiled with acid, changes slowly to glucose or non-crystallizing sugar.

CELLULOSE itself is not affected by cooking, but the connecting substances are softened and it may be separated.

PROTEIN foods are hardened somewhat by heat. Albumen coagulates completely at 160 degrees F. and will no longer dissolve in water. Other proteins, as *gluten* of flour, *casein* of milk, *legumen* of peas and beans, *myosin* of meat, are hardened somewhat.

GELATIN is formed from *gristle* and *connecting tissue* of meat, and from bones, by long continued heating in the presence of water.

FAT is not changed except at a high temperature, when it is broken apart—"split"—into fatty acid and glycerine. Some of the glycerine is changed into "acrolein" at very high temperatures, 500° and over, which is very irritating to the mucous membrane, as is recognized by the smarting sensation given to the eyes and nose when fats are overheated. Butter begins to "split" at about 256° F., lard at 360° F., beef suet at 440° F., cottolene and snow drift at 450° F., especially prepared cotton-seed oil and olive oil at 600° F.

BAKING POWDER, a mixture of cooking soda and an acid substance, as cream of tartar, or phosphates, or alum, undergoes chemical change, whereby carbon dioxide is set free and salts—as Rochelle salts, or phosphate, or alumina compounds—are formed. The heat of the oven expands the air or gas in the food, evaporates part of the water and drives out volatile substances like alcohol.

All these changes are, for the most part, physical rather than chemical in their nature. For example, in a cake after baking, the sugar is still sugar, the starch is still starch, the fat is still fat, and the albumen is still albumen. All the materials have been blended, flavors having been developed through minor but complex chemical changes and a small proportion of the starch and sugar in the crust have been changed to dextrin and caramel.

TEMPERATURE AND TIME OF COOKING

All food materials are poor conductors of heat—it takes time for the heat to penetrate.

The correct time and temperature depends on (1) what

is to be accomplished, (2) size and thicknesses, i. e., the extent of surface exposed to the heat, compared to the bulk.

Foods with a large proportion of eggs require low temperature to prevent toughening.

Starch requires nearly the temperature of boiling water for cooking.

No food containing much water can be raised to a temperature above the boiling point—212 degrees F. Water gives off vapor at all temperatures, but at 212 degrees F. steam forms rapidly and in so doing absorbs a large quantity of heat. No brown crust can be formed until the water from the surface is nearly all evaporated. A full oven in which much water vapor is being given off requires the application of more heat than when only one or two dishes are in it.

In baking doughs, the larger the mass the lower must be the temperature in order that the heat may have time to penetrate to the interior and expand the gas and harden the albumen and gluten. If the temperature is too high at first, a crust forms, preventing the proper expansion of the loaf and hindering the penetration of the heat.

Thin loaves, pieces of meat, etc., need much less time for cooking, because the heat penetrates quickly. Higher temperatures may be used, as the food is cooked before the surface begins to be burned.

Mixtures containing much sugar or molasses burn easily.

Vegetables containing much fiber need long boiling to soften them and separate the cellulose. Young, green vegetables contain less fiber and require less time in cooking.

Bearing all the above in mind, the following tables may serve as a general guide for beginners. When it is possible to do so, TEST.

TIME TABLE

Boiling

Meats (4 to 5 lbs.)—2 to 5 hours. (Tough meats should be kept below boiling, 180 degrees F.)
Fish (2 to 5 lbs.)—30 to 45 minutes.
Ham (12 to 14 lbs.)—4 to 5 hours.
Corned Meat (6 to 8 lbs.)—4 to 6 hours.
Potatoes, white—20 to 30 minutes.
Potatoes, sweet—15 to 25 minutes.
Peas, green—20 to 60 minutes.
Beans, string—½ to 1 hour.
Beets, young—45 minutes.
Beets, old—3 or 4 hours.
Onions—40 to 60 minutes.
Cauliflower—20 to 25 minutes.
Cabbage, cut up—20 to 25 minutes.
Turnips, parsnips—30 to 45 minutes.
Carrots—1 hour; less if young.
Green corn—8 to 15 minutes.
Spinach—15 to 20 minutes.
Squash—20 to 30 minutes.
Asparagus—20 to 30 minutes.
Diced Vegetables—10 to 20 minutes.

Baking

Beef rib (medium, 4 lbs.)—1 hour, 15 min.
Beef rib (medium, 8 lbs.)—2 hours, 15 min.
Leg of Lamb—1 hour, 30 minutes.
Pork (rib)—3 to 4 hours.
Veal (leg)—3 to 4 hours.
Chicken (3 to 4 lbs.)—1 to 1½ hours.
Turkey (8 to 10 lbs.)—2 to 3 hours.
Fish (3 to 4 lbs.)—45 to 60 minutes.
Braised beef—4 to 5 hours.
Bread, white—45 to 60 min., depending on shape of loaf.
Bread, Graham—35 to 45 minutes.
Quick Doughs—8 to 15 minutes.
Cookies—8 to 10 minutes.
Cake, thin—15 to 30 minutes.
Cake, loaf—40 to 60 minutes.
Pudding, Indian, etc.—3 hours or more.
Bread Pudding—20 to 45 minutes, depending on shape and number of eggs.
Pies—30 to 45 minutes.
Scalloped Dishes—15 to 20 min.
Baked Beans—12 hours or longer.

OVEN TEMPERATURES

	Enter at	Keep at
Roast Meats	480° F.	360° F.
Fish	425° F.	350° F.
White Bread	430° F.	380° F.
Whole Wheat Bread	370° F.	360° F.
Cookies, Puff Paste	480° F.	450° F.
Quick Doughs	450° F.	450° F.
Ginger Bread and Molasses Mixture	380° F.	380° F.
Plain Cake	380° F.	380° F.
Sponge Cake	350° F.	340° F.
Baked Custard	350° F.	Higher in water

These temperatures are for gas range ovens, with an oven thermometer placed on an asbestos mat and six inches from the door, on the opening side. In coal range oven, in similar position, the readings should be about 80° *less.*

In addition to the methods of processes of applying heat, there are a few fundamental processes in cooking, i. e., thickening, leavening, shortening and flavoring.

THICKENING AGENTS

The common thickening agents are flour, corn starch, rice flour, potato flour, arrow root, eggs; also gelatin, sea moss, junket for milk, and pectin of unripe fruits stiffen liquids on cooling.

Proportions

One level tablespoon of flour will thicken one cup of liquid for soups.

Two level tablespoons of flour will thicken one cup of drippings or other liquid for gravies and sauces.

Three level tablespoons of *browned* flour will thicken one cup of liquid for gravy.

The thickening power of corn starch is about twice that of flour.

Four level tablespoons of corn starch will stiffen about one pint of liquid, as in corn starch pudding.

Two good sized eggs to one pint of milk make a custard—one egg to a cup for soft custard or baked cup custard; three eggs to a pint of milk for a large mold custard.

One level tablespoon of granulated gelatin will stiffen about one pint of liquid, if cooled on ice.

LEAVENING AGENTS

Doughs are made light or porous in the following ways:

(a) By the production (and expansion by heat) of carbon dioxide gas from the combination of baking soda with some acid substance.

(b) From carbon dioxide gas produced by the growth of yeast—a microscopic plant.

(c) From the expansion of entangled air, incorporated in the dough by means of (1) beating batters; (2) folding thick doughs; (3) beating air into eggs, especially the whites—then folding them into the mixture.

(d) From the expansion of water to steam.

Proportions

Use two level teaspoons baking powder to one cup of flour.

Use one teaspoon less of baking powder for each egg added after two have been used.

Use one-half teaspoon soda with one and a quarter teaspoon cream of tartar.

Use one-half teaspoon soda with one cup sour milk.

Use one-half teaspoon soda with one-half cup molasses.

Two teaspoons baking powder are equivalent to one-half teaspoon soda in the above combinations.

The yeast plant grows best at 75 to 90 degrees F. It changes *sugar* into alcohol and carbon dioxide gas. Flour contains a small proportion of sugar and during bread making some of the starch is changed into sugar, but the yeast begins to act more quickly if a little sugar or glucose is added at first. Salt and fats in quantity hinder the growth of the yeast. Low temperatures stop the growth almost completely; high temperatures kill the plant.

When eggs are used as leavening agents, the whites are beaten separately, as they will hold much more air than the yolks, and folded into the mixture the last thing, breaking as few air cells as possible.

When air is depended on for leavening agent, all materials are kept as cold as possible. Cold air expands more on heating than warm air. In pastry making, heat also melts the fat, so that the dough cannot be handled.

SHORTENING

Fats are added to doughs to make the product brittle—friable—"short," and to enrich the mixture. The fat counteracts the adhesive properties of the gluten and starch in flour.

Pastry flours contain less gluten than bread flours and so require less shortening.

Butter and oleomargarine contain about one-eighth water and salt, and thus have less shortening powers than lard, drippings, snowdrift, cottolene, etc., which contain no water.

Proportions

Two cups of flour (eight ounces) made into puff paste requires eight ounces (one cup) of shortening.

Two cups of flour in ordinary pie crust requires four ounces (one-half cup) of shortening.

Two cups of flour in cookies requires four ounces (one-half cup) of shortening, or less.

Two cups of flour in cake requires about three ounces of shortening.

Two cups of flour in short cake requires two ounces (one-fourth cup) of shortening, or more.

Two cups of flour in tea biscuits requires one-half to one ounce (one to two tablespoons) or more of shortening.

In yeast doughs less shortening is used—from one-half to an ounce to two cups of flour. The tenacity of the gluten is required to hold the carbon dioxide gas slowly formed by the yeast, hence too much shortening prevents proper rising.

Shortening for batters may be *melted* and mixed in, but in doughs which are to be rolled—pastry, cookies, short cake, biscuit, etc.—the fat should be *cold* and hard and cut into the flour with a knife, or rubbed in with the tips of the fingers.

FLAVORING

The flavoring materials most commonly used are salt, sugar, spices and extracts. The fine art of cookery consists of developing the full natural flavor of the foods themselves and in combining them in pleasing ways.

The amount of salt to be used depends, in general, on the *total volume* of the food. When food tastes salty, too much has been used. A safe proportion is one teaspoon salt to one quart of liquid in soups, sauces, or to one quart of flour in doughs, and for cereals one teaspoon to each pint of water used. When the flavors are delicate, somewhat less salt is used, and with strong flavors, somewhat more. Cakes in which much salt butter is used do not need more salt.

The quantity of sugar to be used depends on the taste desired. Foods served frozen need more sweetening than when at ordinary temperatures. On the other hand, foods that are served warm taste somewhat sweeter than when at ordinary temperature.

FOOD PRINCIPLES

The nutritive part of foods or "food principles" are the proteins, fats, carbohydrates, water and salt.

PROTEINS contain nitrogen, carbon, hydrogen and oxygen, and sometimes phosphorus and sulphur. They make up the greater part of the muscles and organs of the body and are needed in food for the growth and repair of body tissue. Proteins are also used by the body as "fuel" to keep the body warm and give muscle and other kinds of energy or power.

The proteins make up a considerable proportion of meat, eggs, cheese, skim milk, beans, peas and nuts, and are present in lesser proportion in all food products except the pure fats, sugars and starches.

FATS contain carbon, hydrogen and oxygen only. The fats and oils are concentrated fuel foods and yield to the body 2¼ times the heat and energy given by like weights of dry protein or starch or sugar.

CARBOHYDRATES or starch, sugar and a few gums and substances like them contain carbon, hydrogen and oxygen only. The hydrogen and oxygen are in the same proportion as is found in water, hence the name carbo-hydrates. Cellulose or woody fibre is also a carbohydrate, but as it is not digestible it is not a food for man.

The carbohydrates, like the fats, are fuel foods and yield warmth and the power to do the work to the body when oxidized by the air brought in by the lungs.

Excess of food over the requirements of the body, if digested, is stored as fatty tissue for use, if need be, as fuel.

WATER is needed for the fluids of the body, to carry away wastes and to regulate the temperature through perspiration.

SALTS are needed in the formation of bones, digestive fluids and as a small but necessary part of every living cell in the body. They are present in nearly all foods, being most abundant in vegetables, fruits, milk and eggs.

FOOD UNITS

As the unit of weight is the pound so the unit of food value is the "calorie." This is really a heat unit and is the quantity of heat required to raise the temperature of a kilogram of water 1° Centigrade, or approximately to raise the temperature of one pound of water 4° F. An ounce of dry protein, starch or sugar gives to the body 116 calories and an ounce of fat produces 264 calories.

LESSONS IN COOKING

THE art of cookery is as old as history; its development measures the development of civilization. More people are engaged in cooking all or a part of their time than in any other occupation. On the selection and preparation of food depends, more than on any single factor, the health and consequent happiness and prosperity of mankind.

Cookery is, or should be, a fine art. Like other arts, it has its laws of proportion, harmony and contrast. The art of cookery appeals to the sense of taste, music to the sense of hearing, and the graphic arts to the sense of sight. Gratification of the sense of taste is as legitimate as enjoyment from any of the senses. The temperate indulgence of the sense of taste is indeed necessary for good digestion, on which depend physical well-being and efficiency. A systematic study of cooking, then, should be a fundamental part of the education of the home-maker.

GENERAL DIRECTIONS

1. Have the kitchen arranged so that utensils and food materials are close at hand. A cabinet, shelves, or hooks for small utensils—measuring cups, spoons, knives, forks and egg beaters; and cooking materials—salt, pepper, spices, baking powder, soda, sugar, etc., can be placed conveniently in *any* kitchen.

2. Clean up as you go along. Put things away immediately after use. Make use of as few mixing and cooking dishes as possible by rinsing or washing and using again. Put to soak in water dishes that cannot be cleansed easily. Do not make half an hour's dishwashing in preparing a meal. Work neatly—do not "clutter up" the kitchen.

3. Before beginning to cook, make sure that hands and nails are perfectly clean and the hair neatly dressed.

4. If you cannot remember the recipes, copy them on a slip of paper, or, better, on cards perforated so that they may be hung on a convenient hook. Preserve the cards in an alphabetical card file for future use.

5. All measurements are level. Sift flour before measuring. 3 teaspoons = 1 tablespoon; 16 tablespoons = 1 cup; 2 cups = 1 pint.

The directions for preparing the meals are based, for the most part, on the use of gas as fuel. They apply, as well, to gasoline and blue-flame oil stoves, except that these are usually a little slower in action. When a coal range is used, more time must be allowed for preparing meals, unless the fire is in proper condition. If hard coal is the fuel, it is desirable to have coke or charcoal and wood on hand, to obtain quick heat when the fire is low. The inexpensive lamp oil stove may be used in connection with a coal stove to save time.

SETTING THE TABLE

Have the tablecloth of correct size to hang well at the ends and sides of the table. Put on the silence cloth smoothly. Lay tablecloth with the crease exactly in the middle of the table. Breakfast and luncheon are often served on the bare table with doilies or mats under plates, glass and serving dishes.

Arrange plates an even distance apart around the table, right side up, one inch from edge of table.

Place knife at the right, sharp edge towards the plate. Fork at the left, tines up. Spoon or spoons beside the knife, bowl up. Napkin neatly folded or in ring beside the fork.

Place tumbler at the right, opposite the farther edge of plate. Bread and butter plate or butter plate at the left, in line with tumbler.

Be sure that all the required serving spoons, knives and forks are on the table or are put on when dishes are served, together with required plates or saucers for each course.

Be sure that all the "constants" are on—bread and butter, milk and water, sugar, salt and pepper and condiments, oil and vinegar as needed. Place inside the line of plates.

The harmony of the meal should *never* be disturbed through forgetting required dishes, condiments, etc.

(For further direction see *Laying the Table for Formal Dinner,* page 415.)

SEPTEMBER MENUS

Monday **Lesson 1**

BREAKFAST

OATMEAL—CREAM AND SUGAR

SOFT COOKED EGGS BUTTERED TOAST

COFFEE

Oatmeal

Into the upper part of a double boiler put 2 cups of hot water with ½ teaspoon salt. Place directly over the flame or hot coals, and when the water is boiling, slowly stir into it ¾ cup rolled oats. Let the mixture boil for a few moments, stirring occasionally, then set over hot water in the lower part of the boiler and cook for at least 1 hour, preferably 2 hours.

Soft Cooked Eggs

Put 1 quart of boiling water into a hot saucepan, gently lower 4 eggs into the water, and let stand, covered, on the back of the range, where the heat will be neither increased nor diminished, for 8 or 10 minutes.

The albumen of eggs begins to harden or "coagulate" at a temperature of 134° F.; between 160° and 180° it becomes white throughout, tender and jelly-like; it loses this consistency at about 200°, and at boiling temperature (212°) it becomes tough and less digestible. When the cold eggs are put into the boiling water the temperature is immediately lowered to about 180° F. Test this with a thermometer if you have one.

Buttered Toast

Cut stale bread into slices about ¾ inch in thickness. With a gas stove, place them under the oven burners or arrange on a toaster fitted for a burner on top the stove. Turn the pieces often, so that they may be evenly browned.

As soon as both sides have become a golden brown, butter, lay buttered sides together, and send to the table very hot.

NOTE.—To keep toast, etc., hot on a gas stove, set plate or other serving dish on a hot burner, after the gas has been turned off, and cover with an inverted pan.

Coffee

In a coffee pot that has been well aired and well scalded, put twice as many level teaspoons of ground coffee as there are cups to be served; add as many eggshells, washed

before the eggs were broken, as there are cups to be served; or part of the white of an egg may be used. Add 1 tablespoon cold water for each cup of liquid desired, and mix thoroughly; add the required number of cups of freshly boiling water, and let *boil* 5 minutes after boiling begins. Pour a little cold water, ¼ cup, down the spout, and set the pot where it will keep hot, without simmering, for 10 minutes. If at the end of that time for any reason the coffee cannot be served at once, pour the liquid from the grounds and keep hot. A pinch of salt helps the flavor.

Preparing the Meal

Start cooking the cereal for breakfast while getting dinner or washing the dishes the evening before. Let it cook until the evening work is done; remove from the heat, cover the double-boiler tightly, and let stand on range until next morning. If steam radiators are convenient, set the boiler on the radiator and it will keep hot all night. Or, better still, if you have a "fireless cooker," put the cereal in that.

With a gas stove, light the gas under the cereal cooker the first thing. Next put on a kettle of water to heat. Grind and make the coffee and cut the bread for toast.

Set the table, cut the butter, and fill cream pitchers. Start the eggs to cooking. Then toast the bread, butter it, and place the toast either in the oven or on top of a burner to keep hot while the cereal is being eaten.

Serve the cereal in warm cereal bowls. *Never put food supposed to be hot into cold dishes.*

By the time the cereal is eaten, the coffee, eggs and toast are ready to serve. Send the eggs to the table either all together, wrapped in a napkin and placed in a dish, or in individual egg cups.

Monday **Lesson 2**

LUNCHEON OR SUPPER

CREAM OF PEA SOUP—CROUTONS

BREAD AND BUTTER COCOA

Cream of Pea Soup

To ½ can of peas add 1 teaspoon sugar, ½ teaspoon salt, 1 cup cold water, and 1 thin slice of onion. Simmer 20 minutes and then rub through a puree sieve.

Melt 1 tablespoon butter, to it add 1 tablespoon flour, and rub to a smooth paste. Gradually to this add 1 cup hot milk and blend smoothly. Cook, stirring constantly, for several minutes and until the mixture thickens.

Add the peas, a dash of pepper, heat thoroughly and serve. (Any fresh "leftover" or canned vegetables may be used thus.)

Croutons

Cut stale bread in slices from ¼ to ½ inch thick; then cut into small cubes. Brown in the oven, taking care that they are turned frequently enough to brown them evenly.

Cocoa

Scald 3 cups of milk in a double-boiler; mix well 2 tablespoons cocoa powder, 2 tablespoons sugar, 1 teaspoon cornstarch and ⅛ teaspoon salt in a saucepan and stir in gradually 1 cup boiling water and let boil 5 or 6 minutes; turn the liquid into the hot milk and beat with a whisk or egg-beater 5 minutes. A scant teaspoon of vanilla added just before serving greatly improves the flavor.

Serve with additional cream and sugar if desired, or with whipped cream, putting the cream in the cup and pouring the cocoa on it.

In the above method of making cocoa the cornstarch gives a creamy consistency and the salt takes off any flat taste.

Preparing the Meal

Start the peas to cooking for the cream of pea soup, and while they are simmering cut the bread for the croutons. Light the oven burners and put the croutons in a flat pan in the oven to dry out slowly.

Next put the milk for the cocoa, and also the soup, in the double-boiler to heat, and while heating melt the butter and add the flour for thickening for the cream soup. Add the hot milk to this, and, when well blended, boil a few minutes and set over hot water, to continue cooking while the peas are rubbed through a sieve. Add the puree mixture to the thickened milk and let it cook while finishing the cocoa.

Add hot water to the cocoa and sugar mixture, boil, and add to hot milk. Let cook a few minutes longer while cutting the bread and butter for luncheon.

If you do not have a warming closet, fill the soup plates

and tureen with hot water, and when soup is ready to serve pour out the water, wipe the dishes, fill the tureen, and send with the hot plates to the table.

At the same time fill the cups with hot water, so that they may be heating while the soup is being eaten.

When ready for the cocoa, pour into a hot chocolate pot and serve at once.

DINNER

Monday **Lesson 3**

BROILED SIRLOIN STEAK
MASHED POTATOES BREAD AND BUTTER
ORANGE MARMALADE
FLOATING ISLAND

Broiled Beefsteak

Wipe, trim off superfluous fat and bone; heat the broiler very hot, rub it over with a bit of fat, and lay the steak on it. At first have the gas turned on full force, to obtain the intense heat necessary to the first searing of the meat. Sear the steak first on one side, then the other, and when browned lower the flame and continue cooking.

If you have no broiler, heat a skillet sizzling hot, rub over lightly with a piece of fat, and proceed as above. With a coal fire, cook in a wire broiler directly over the hot coals. Turn frequently until the surface is well browned on both sides, then move away from the fire to finish.

For a steak 1 inch in thickness, 5 to 8 minutes are required for its proper broiling, unless it is desired that it be well cooked all the way through, when 10 to 12 minutes will be required. For a steak 1½ inches thick, 8 to 10 minutes are required.

When done, remove to the serving dish, which should be hot, sprinkle with salt and a little pepper, and spread with butter if desired. Serve at once. If kept hot the cooking will continue too far.

If desired, add a little hot water—½ cup or so—to the pan under the broiler rack, and when thoroughly mixed with the meat juices dropped from the steak, pour around the steak just before serving. If this is not desired, pour the liquid into a cup, to be used in soup or in gravies at some future time. Or a thickened gravy may be made.

Gravy

Pour the drippings from the steak into a frying pan; if necessary, add enough butter to make about 2 tablespoons and brown with 2 tablespoons flour; pour about ½ cup boiling water into the dripping pan, thoroughly mix it with any juices that may be there, return to the cup and fill up with milk; gradually add to the browned flour and stir until it thickens; serve.

Mashed Potatoes

Wash and pare 8 medium-sized potatoes of uniform size, cover with boiling salted water, and cook until tender when pierced with a fork. Water if just barely boiling is of the same temperature as when boiling rapidly, hence do not keep the water on potatoes boiling furiously.

When the potatoes are done pass them through a vegetable ricer or mash them with a potato masher until all the lumps are gone. Add 3 tablespoons of butter, ½ teaspoon salt, and about ½ cup hot milk or cream. Beat the mixture until light and creamy, reheat, and send to the table piled lightly in a hot vegetable dish.

Floating Island

In a double-boiler place 3 cups of milk and put on the stove to heat.

Separate the yolks and whites of 2 eggs and with the yolks and 2 whole eggs beat ½ cup sugar and ½ teaspoon salt until the mixture is creamy.

When the milk is heated, add slowly to the egg mixture, stirring all the time until well blended. Return to the double-boiler and cook, stirring constantly, until the mixture coats the bowl of the spoon.

Remove from the fire, add 1 teaspoon vanilla, beat vigorously for a few minutes, then strain and cool.

Beat the whites until stiff, add ¼ cup sugar and beat until very stiff, flavoring with ½ teaspoon of vanilla.

Serve the custard in sherbet cups, with the whites piled in a spiral on the top. This spiral shape may be easily made by turning the spoon in the hand as the white of egg is dropped into the cup.

Preparing the Meal

The custard of the floating island should be made in the morning, so that it will be cold.

About three-quarters of an hour before dinnertime, put on water for potatoes to heat, salting it. Wash and pare potatoes and put into the boiling water.

Set the table. Prepare the white of egg for the pudding. Place the completed dessert in a cool place.

Cut the bread and butter and place with water on the table. See that the steak knife and fork and salt and pepper are on the table.

NOTE.—In hot weather do not put butter and water on the table until just before serving the meal.

When the potatoes are about done, start the milk to heating, drain off water, mash, and add milk, butter and salt.

Light the burners under the broiler. Put the mashed potatoes in the serving dish and place it in the oven to keep hot. If you have no warming closet, put the steak platter and plates in the upper part of the oven to get warm. Do not let them become *hot,* as this harms china by making it brittle.

Broil the steak, watching it constantly.

When the steak is cooked, place it on the heated platter and serve with the hot mashed potatoes immediately.

While the steak is cooking, put to soak the kettle in which the potatoes were cooked and other dishes used in preparing meal not already washed.

Remove the steak course from the table and serve the dessert.

BREAKFAST

Tuesday **Lesson 4**

ICED CANTALOUPE OR GRAPE FRUIT
CREAM OF WHEAT WITH DATES
MUFFINS COFFEE

Iced Cantaloupe

The evening before, wash melons, place in refrigerator to thoroughly chill them for breakfast. In the morning cut them in two, scoop out the seeds, and serve.

Cream of Wheat with Dates

Follow the directions given for cooking oatmeal, using,

however, ⅜ cup Cream of Wheat to 2 cups boiling water. Care must be taken in stirring the cereal into the boiling water, that it does not lump.

In the morning just before serving, stir into the cereal about 8 dates scalded and cut into small pieces, or sprinkle them over the top.

Muffins

Sift together 2 cups of flour, ½ teaspoon salt, 4 teaspoons baking powder, and 2 tablespoons of sugar.

Beat an egg without separating until light; add 1¼ cups milk, and stir at once into the dry ingredients.

Add 2 tablespoons melted butter, beat thoroughly, and bake about 25 minutes in a hot, well-greased muffin pan in a moderately hot oven.

Coffee

Follow directions given in Lesson 1.

Preparing the Meal

Light the gas under the cereal, and put on a kettle of water to heat.

Have the muffin pans, measuring cup, spoons, knife, flour, baking powder, etc., on the table before beginning to work. Now light the oven and proceed to make the muffins.

When the muffins are in the oven, grind and make the coffee; and while that is cooking, set the table, cut the butter, fill the cream pitchers.

Now cut the dates and add to the cereal, and then halve the melons and remove the seeds. Put each half on a small plate and place on the table.

As soon as the family have finished their melon, serve the cereal in hot cereal bowls. The bowls should have been filled with hot water before the serving of the melon, or else placed in a warm place to heat. It is not a good thing for dishes to be placed in a *hot* oven to heat. This dry heat renders the china very brittle and thus causes it to break very easily.

By the time the cereal is eaten the muffins and coffee will be done and ready to serve. Place the muffins on a hot plate and cover with a napkin.

Be sure to put the cereal cooker to soak as soon as the

cereal has been served. Also any other utensils used in the preparation of the meal.

LUNCHEON OR SUPPER

Tuesday **Lesson 5**

COTTAGE PIE
BREAD AND BUTTER SWEET PRESERVES
LEMONADE

Cottage Pie

Line a baking dish with mashed potatoes left from dinner the night before. In the center place chopped meat (remnants of the steak) and gravy. Season well, cover with mashed potato. Bake in hot oven 20 minutes.

Lemonade

Use the juice of ½ lemon for each glass of lemonade. Sweeten with 2 or 3 teaspoons sugar; or—and this is much better—use sugar syrup for sweetening, as this mixes at once with the water.

Preparing the Meal

About ½ hour before lunch-time light the oven burners, and prepare the cottage pie and place in oven.

Next make the lemonade, using very cold water.

Now see that the table is set, then turn out a glass of jelly into a jelly dish and place on the table.

Cut the bread and butter, and by this time the pie is done and ready to serve.

DINNER

Tuesday **Lesson 6**

ROAST VEAL—GRAVY
BAKED POTATOES BREAD AND BUTTER
COTTAGE PUDDING—CHOCOLATE SAUCE

Roast Veal

After wiping the meat with a damp cloth, with tape or string bind it into a compact shape; dredge with salt, pepper and flour.

Put the meat into a hot oven; after 15 minutes' cooking, lower the heat, baste (that is, pour melted butter or other fat over the meat) frequently, and allow at least 20 minutes to the pound. Longer cooking is an advantage if the heat be gentle.

Gravy

When the roast is done, remove from the pan to a hot platter and set in a warm place. In the dripping pan place 2 tablespoons of flour and mix with the fat in the pan. If there is more than 2 or 3 tablespoons of fat, pour off some until the right amount is left. If there is less, add enough butter to make the correct proportion.

Stir over the fire until the mixture is well browned, then slowly add 2 cups hot water or milk, or a combination of both. Soup stock also may be used. Stir until the gravy boils a few minutes, pour into a hot gravy boat and serve.

Baked Potatoes

Select potatoes of a uniform size; wash them and with a vegetable brush scrub them well so that the skins will be perfectly clean. Then put them in a hot oven. Potatoes of medium size require from 45 to 60 minutes; they are at their best as soon as they are soft throughout. On removal from the oven, break the skin to let the steam escape, lest the naturally dry, mealy potato become soggy from the quickly condensing steam.

To make potatoes especially mealy, roll them in a napkin or towel between the hands until the pulp is loosened, then break the skin.

Cottage Pudding

Cream ¼ cup butter, add ⅔ cup sugar and cream well. Beat 1 egg well, add to the sugar and butter.

Mix and sift 2¼ cups flour, 4 teaspoons baking powder and ½ teaspoon salt. Add the flour alternately with 1 cup of milk to the sugar mixture. Add 1 teaspoon vanilla and bake 35 minutes in a moderate oven. Or bake in muffin rings, forming individual puddings.

Chocolate Sauce

Mix ½ cup sugar, 1 tablespoon cornstarch and ¼ cup grated chocolate; also ½ teaspoon salt. Gradually add 1 cup boiling water, stirring all the time. Boil 5 minutes.

Remove from the fire, add 1 tablespoon butter and 1 teaspoon vanilla. Serve with the pudding.

Preparing the Meal

About 1½ hours before dinnertime prepare the roast for the oven, first lighting the oven burners. After the meat

is in the oven prepare the potatoes for baking and put them in the oven.

Now get out the materials and make the pudding, allowing about 35 minutes for it to bake if put in one large pan, or 20 to 25 minutes if baked in individual rings.

When the pudding is in the oven, wash the dishes used in its preparation, and then see that the table is completely set for dinner.

Now make the chocolate sauce, and while that is cooking, cut the bread and butter and place on the table.

Fill the vegetable dish, platter, and the dinner plates with hot water, or heat otherwise.

Now put the hot baked potatoes into a serving dish and send to the table with the roast.

By this time the pudding is done so the burners can be extinguished, but unless the pudding is already very brown it can be left in the oven until ready to serve.

Be sure to fill the roasting pan with water before going to dinner; also, as soon as the pudding is served, put to soak the pudding pan and the vessel in which the sauce was cooked.

BREAKFAST

Wednesday **Lesson 7**

STEWED PRUNES OR FRESH FRUIT
CORN FLAKES—CREAM AND SUGAR
FRENCH TOAST SYRUP COFFEE

Stewed Prunes

Wash the prunes well, cover with cold water, and soak over night. In the morning put them to cook in the water in which they were soaked, cooking very slowly below the boiling point. When the prunes are soft and almost done, add a little sugar if preferred. The long, slow cooking retains all the sugar that the fruit originally possessed, and makes additional sweetening unnecessary.

French Toast

Beat 2 eggs until light; to them add 1 teaspoon salt, a grating of nutmeg, and 1 pint of milk. Mix well together.

Cut stale bread into slices ¾ inch thick; dip the slices, one at a time, into the milk, and then place in a hot, well-buttered frying-pan. Brown on both sides and then serve

sprinkled with powdered sugar, or with syrup, or plain with butter.

Preparing the Meal

Put on water to heat for the coffee. Dish the prunes which have previously been cooked and place at each plate at the table.

Now grind and make the coffee. While it is cooking, beat the eggs and add the milk. Then cut the slices of stale bread for the French toast.

Cut the butter and fill the cream pitchers and place on the table. Then fill cereal bowls with Corn Flakes. These may be placed on a small serving table in the dining room from which they can easily be served as soon as the fruit is finished. If not a fresh package, the Corn Flakes should be dried out in the oven.

Fry the bread just before ready to serve. It is much better when freshly cooked. The coffee will be ready to serve by the time the bread is browned; serve together, the cereal and fruit dishes having been removed.

LUNCHEON OR SUPPER

Wednesday **Lesson 8**

COLD SLICED VEAL
LYONNAISE POTATOES BREAD AND BUTTER
TEA

Cold Sliced Veal

Slice very thinly the roast left from dinner the evening before and arrange on a bed of lettuce.

Lyonnaise Potatoes

Remove the skins from baked potatoes left from dinner, and cut into small cubes.

Into a frying-pan put 2 tablespoons butter, ¼ onion chopped fine, and 2 teaspoons chopped parsley. Add the potatoes and stir until they have absorbed all the butter and become slightly browned. Sprinkle ¼ teaspoon salt over them and serve very hot.

Tea

Rinse the clean teapot, preferably of china ware, with boiling water, and let stand a moment on the stove to dry. Now put into it 1 teaspoon of tea for each cup of tea to be

made, and pour as many cups of furiously boiling water as desired. Put on the cover and let stand 5 minutes on the stove without boiling. Pour off the grounds and serve. If desired stronger, add more tea; *do not steep longer.* If too strong, add hot water.

In preparing this meal, which should not take longer than 20 minutes, first fill the tea-kettle and put it on the stove to heat. Then dice the potatoes, and while they are browning slice the meat. Now cut the bread and butter and make the tea.

Turn the browned potatoes into a hot serving dish and send to the table.

DINNER

Wednesday **Lesson 9**

PAN-BROILED LAMB CHOPS
RICED POTATOES CREAMED PEAS
PRUNE SOUFFLE

Pan-Broiled Lamb Chops

With a damp cloth wipe the lamb chops, and if the butcher has not already trimmed them, cut off any fat that is not perfectly white and clean.

Now heat a frying-pan until it is smoking-hot; then qnickly lay the chops in the pan and sear first on one side, then the other. When the chops are browned, lower the flame and cook 7 to 10 minutes, according to whether it is desired to have them rare or well done; also according to the thickness. Usually they are about 1 inch thick, however. Place on a hot platter, sprinkle with salt and pepper and spread with butter, or pour around them the fat in the pan.

Creamed Peas

Drain the liquor from ½ can of peas. In a saucepan melt 3 tablespoons butter; to this add 3 tablespoons flour and ½ teaspoon of salt; when mixed to a smooth paste add gradually 1½ cups of milk. Heat, stirring all the time; boil a few minutes; add the peas, and when thoroughly heated serve at once.

(If peas were not used for Monday's luncheon substitute sliced tomatoes or other fresh vegetable in season.)

Prune Souffle

Beat the whites of 3 eggs until stiff, cut and fold in ½ cup prune pulp and ¼ cup sugar, beat until light and fluffy. Pour into a buttered baking dish and bake in a slow oven until firm. Or the souffle may be served without baking, a soft custard being usually poured over each serving, in that case.

Preparing the Meal

The peas for this meal were left from Monday's luncheon and the prunes for the souffle from breakfast.

Forty minutes before dinnertime wash and pare the potatoes and put them on to cook in boiling salted water. While they are cooking beat the eggs for the souffle and add the prune pulp which has previously been prepared. When the souffle is done set in the oven in a pan of water, or if desired to serve without cooking place in a cool place until ready for it.

Next make the cream sauce for the peas and after the peas have been added set over hot water to become thoroughly heated.

Now put the frying pan on the stove and while it is heating prepare the chops for broiling.

As soon as the chops are brown and are cooking slowly cut the bread and butter and place on the table. Now drain the water from the potatoes and run through a vegetable ricer into a hot vegetable dish and send to the table.

Transfer the chops to a hot chop plate and pour the peas into a serving dish.

Remember to keep the dishes washed up as the work proceeds and to fill each pan with water as soon as its contents have been removed.

BREAKFAST

Thursday **Lesson 10**

GRAPES

COLD WATER OATMEAL CREAM AND SUGAR

BAKING-POWDER BISCUITS COFFEE

Grapes

Wash the grapes by first dipping in boiling water for an instant to kill all germs and insects, then let cold water run through the bunches. Serve very cold.

Lettuce, cress, parsley and all fresh vegetables eaten raw may be cleaned in this same way.

Cold Water Oatmeal

In the inner part of a double boiler place 2 cups of cold water, freshly drawn, add ½ teaspoon of salt and sprinkle in ¾ cup of rolled oats; put the double boiler over the fire and cook for an hour or two without stirring; do this the night before and reheat before serving.

The dissolved air in fresh water keeps flaked cereals light. Compare results with the ordinary method of cooking oatmeal as given in Lesson I and decide which you prefer.

Baking-powder Biscuits

Into a mixing bowl sift 2 cups of flour with 4 teaspoons baking powder and ½ teaspoon salt; with the tips of the fingers work into the flour ½ tablespoon butter and ½ tablespoon lard; add gradually about ¾ cup of milk or water, and with a knife mix with the flour to a soft dough; turn onto a floured board and roll *lightly* to ½ inch in thickness; cut with a biscuit cutter and bake 12 to 15 minutes in a hot oven. (Double the quantity of shortening if desired.)

In preparing this breakfast, first light the gas under the cereal, then put on a kettle of water to heat and next light the burners for the biscuit; get out the materials and make the biscuits. While baking, grind and make the coffee. See that the table is in readiness. Serve fruit, then cereal, with biscuits and coffee.

LUNCHEON OR SUPPER

Thursday **Lesson 11**

MACARONI AND CHEESE
BREAD AND BUTTER WHOLE MILK
QUINCE AND APPLE PRESERVE

Macaroni and Cheese

Break ¼ package macaroni into pieces 1 inch or longer; cover with boiling salted water and cook until tender, usually 20 minutes or thereabouts.

Drain, turn into a colander, place under the cold water faucet and let the cold water run through the macaroni until it is white and free from all the stickiness usually found when freshly boiled.

Now mix together or arrange in layers in a baking dish 1

pint of the cooked macaroni and 1 cup of thin white sauce, seasoned with salt and pepper and ½ cup grated or chopped cheese; sprinkle the top with buttered crumbs and bake in a hot oven until heated throughout and browned on the top.

Preparing the Meal

About 1 hour before lunch time start the macaroni to cooking and then make the white sauce, using 2 tablespoons butter and 1 tablespoon flour to 1 cup of milk.

When the macaroni is cooked and ready to be mixed with the sauce, light the oven and then arrange the macaroni in a baking dish. A few minutes before it is done cut the bread and butter and put the milk on the table ready for luncheon.

While the macaroni is in the oven the dishes used in boiling it and also in making the white sauce may be washed, thus leaving only the dishes actually used on the table to be washed after lunch.

DINNER

Thursday **Lesson 12**

CREAM OF TOMATO SOUP CRACKERS
BROILED SKIRT STEAK
CREAMED POTATOES PICKLES
BAKED CUSTARD

Cream of Tomato Soup

In a saucepan melt 3 tablespoons butter and to it add 3½ tablespoons flour; stir to a smooth paste, then add 2 cups canned (or fresh) tomatoes, gradually blending with the flour mixture; now add ¼ tsp. soda, 1 tsp. salt and a slice of onion. Return to the fire and cook 5 minutes; strain and cool. When cold add 1½ cups cold milk, heat and serve.

If time is limited, heat milk and put together hot.

Broiled Skirt Steak

Have the butcher make "rosettes" of strips of skirt steak, or else make them at home by rolling up a strip of meat about 2 inches wide and 3 or 4 inches long, fastening with a skewer for a handle; now proceed according to directions given in Lesson 1 for broiling sirloin steak.

Creamed Potatoes

Cut plain boiled potatoes into ½-inch cubes sufficient to fill 1½ cups; heat in 1 cup white sauce.

White Sauce

In a saucepan melt 2 tablespoons butter; to it add 2 tablespoons flour; when mixed to a smooth paste, add gradually 1 cup of milk; return to the fire, cook, stirring constantly, until the mixture thickens; boil a few minutes to thoroughly cook the starch, taking care, however, that it does not scorch.

Add the diced potatoes, heat well and serve.

Baked Custard

Beat 4 eggs slightly; add ½ cup sugar, ¼ teaspoon salt and a few gratings of nutmeg; beat well and add 1 quart milk; strain into buttered custard cups and set in a pan of hot water in a slow oven; bake until firm. This may be determined by inserting a pointed knife in the custard. If it comes out clean the custard is done.

In this case use the yolks of the 3 eggs left from the Prune Souffle Wednesday, and 2 whole eggs.

Care must be taken that the water surrounding the moulds does not boil, otherwise the custard will curdle.

Preparing the Meal

In the morning after breakfast, cook and strain the tomatoes for soup for supper. Then make the custard so that it will have ample time to cool before serving for dinner; ¾ hour before dinner time pare the potatoes and put them on to cook, and then make the white sauce for them; now prepare the steak for broiling, if the butcher has not already done so; light the broiler burners and while broiler is heating cut the bread and butter and put on the table; also put the pickles in a dish and set on the table.

Now add the cold milk to the tomato mixture and put in a double boiler to heat. While heating put the steak on the broiler, and after searing both sides, lower flame and cook more slowly.

Drain water from potatoes and dice them; add to white sauce, which has been heating.

Serve the soup from a hot tureen into hot plates; after soup plates have been removed, increase the heat under the potatoes for a few seconds to be sure that they are thoroughly hot before serving; remove to a hot vegetable dish; put the steak on a hot platter and quickly make the gravy,

having put some milk on to heat while soup was being served; pour gravy into hot dish and send with steak and potatoes to the table.

Fill all the cooking utensils with water before sitting down to dinner.

BREAKFAST

Friday **Lesson 13**

FRIED APPLES

CORNMEAL GEMS MOCK MAPLE SYRUP

COFFEE

Fried Apples

Pare, core and slice several apples; in a frying pan put 3 tablespoons butter and when melted add the apples; sprinkle ¼ cup sugar over them and cook slowly, taking care that they brown, but do not scorch; when tender and transparent remove from the fire and serve.

Corn Meal Gems

Mix and sift ½ cup cornmeal, 1 cup flour, 3 teaspoons baking powder, 1 tablespoon sugar; add ¾ cup milk gradually, then 1 egg well beaten, 1 tablespoon melted butter and ½ teaspoon salt—bake in hot gem pans.

Mock Maple Syrup

To 1 cup brown sugar add ½ cup water, 1 teaspoon butter, ¼ teaspoon salt, and boil for 5 minutes; remove from fire and add ½ teaspoon vanilla.

In preparing this meal put a kettle of water on to heat the first thing; then light the oven and get out the materials and make the gems.

After the gems are in the oven, prepare the apples and start them to cooking, after which the mock maple syrup may be made.

Now make the coffee, and while that is cooking cut the butter for the table and fill the cream pitchers.

LUNCHEON OR SUPPER

Friday **Lesson 14**

CORN SOUFFLE

BREAD AND BUTTER COCOA

Corn Souffle

Mix ½ can corn, yolks 3 eggs, 1 cup of milk, ½ teaspoon salt and 1 tablespoon melted butter together; carefully fold

in the stiffly beaten whites of the eggs; pour the mixture into a baking dish, set in a pan of water and bake until firm.

Remove remainder of corn from tin can to a granite or porcelain bowl and place in a cool place until needed.

In season, 1 cup of green corn, cooked or fresh, cut from the cob, may be used in this recipe.

Cocoa

Follow directions given in Lesson 2, page 13.

About 45 minutes before lunch time prepare the corn souffle and place in the oven.

After setting the table and getting everything in readiness for lunch, 15 minutes before serving time make the cocoa, and while that is cooking cut the bread and butter and place on the table.

When the souffle is firm serve from the dish in which it is baked.

DINNER

Friday **Lesson 15**

BROILED HALIBUT

STUFFED POTATOES CABBAGE AND NUT SALAD

CORNSTARCH BLANC MANGE

Broiled Halibut

With a damp cloth wipe the halibut steaks, rub over with salt and butter and put on the hot broiler; brown both sides quickly, lower the flame and cook about 15 minutes, or until the flesh is white and tender.

Serve at once with Maitre d'Hotel Butter.

Maitre d'Hotel Butter

Cream ¼ cup butter, add ½ teaspoon salt, ⅛ teaspoon pepper, ½ teaspoon finely chopped parsley and ¾ teaspoon lemon juice very slowly.

Stuffed Potatoes

From the flat side of a well-baked potato cut a thin slice; with a spoon carefully scoop out the mealy potato, being careful not to break the shell; now mash the potato until light and creamy, refill the shells and place under the broiler burners to brown; when well browned serve at once.

Cabbage and Nut Salad

Shred a small cabbage finely; to it add ½ cup chopped

nuts (peanuts are very nice for this) and cover with salad dressing; serve very cold on a bed of lettuce.

Salad Dressing

Mix together in a measuring cup ½ teaspoon mustard, ¼ teaspoon salt, 1½ tablespoons sugar; fill up to the ½ mark with vinegar; now pour this mixture slowly on the well-beaten yolks of 3 eggs, beating all the time; cook over hot water, stirring constantly, until the mixture is thick; when ready to use thin with cream; evaporated milk is especially nice to use for this purpose. For a fruit salad, fruit juice may be used for thinning.

Cornstarch Blanc Mange

Mix 4 tablespoons cornstarch and 2 tablespoons sugar with ½ cup cold milk; when smooth add 1½ cups hot milk, to which ½ teaspoon salt has been added; cook directly over the fire, stirring constantly, until the mixture boils; then put in double boiler and cook about ½ hour; add 1 teaspoon vanilla, pour the pudding into moulds moistened with cold water and set aside to cool. When ready to serve unmould and serve with cream, or sweetened strawberries, or fruit juice, or chocolate sauce, p. 19.

Preparing the Meal

One hour before dinner time wash and scrub 6 medium sized potatoes and put them in the oven to bake.

While they are baking shred the cabbage and chop the nuts for the salad. The salad dressing as well as the cornstarch blanc mange should have been made in the morning after breakfast.

Finish the salad and set in the refrigerator to keep cool until ready to use.

Now prepare the halibut for broiling and about ½ hour before serving time place in the broiling oven. After the fish is browned lower the flame that it may be thoroughly cooked without burning.

When the potatoes are baked, scoop out the centers and mash. Refill the shells and return to the oven to brown. It is best to put them directly under a flame so that they will brown quickly without drying out. When they are browned remove to a hot plate garnished with parsley.

Put the fish on a hot platter and serve at once.

While the potatoes are browning the bread and butter may be cut and the blanc mange transferred to serving plates.

Fill all the cooking utensils with hot water so that they may be soaking while the family are at dinner.

BREAKFAST

Saturday **Lesson 16**

SHREDDED WHEAT WITH SLICED BANANAS
POACHED EGGS ON TOAST COFFEE

Shredded Wheat with Sliced Bananas

Put the shredded wheat biscuits in the oven for a few minutes to make them very crisp, slice ½ banana over each and serve with cream and sugar.

Poached Eggs

Brush over the bottom of an iron frying pan with butter or oil, then partly fill with boiling water, adding salt or a little lemon juice or vinegar; break the eggs, one at a time, into a cup and very gently slip into the boiling water. The eggs will lower the temperature of the water so that it will not boil; now keep it below the boiling point and let the eggs remain in the water five or six minutes until cooked to the consistency desired.

Remove from the water with a skimmer and arrange on slices of toast.

Preparing the Meal

The first thing in the morning put on a kettle of water to heat. Then grind the coffee and when the water is hot make it; now cut the bread for the toast, fill the cream pitchers and attend to setting the table

Put the shredded wheat biscuits in the oven to heat; when crisp serve, slicing bananas over them just before sending to the table.

Start the eggs to poaching and while they are cooking make the toast, watching the eggs in the meanwhile.

When the eggs are done remove from the water to slices of toast and send at once to the table. Serve the coffee and buttered toast at the same time.

LUNCHEON OR SUPPER

Saturday **Lesson 17**

BOSTON BAKED BEANS—CATSUP
BROWN BREAD TEA

Boston Baked Beans

Friday morning early, or the night before, put 2 cups of navy beans to soak. While getting dinner Friday parboil the beans until the skins crack very easily. After dinner Friday score the rind of ¼ pound salt pork; mix 2 tablespoons of molasses, ½ teaspoon salt and ½ teaspoon of mustard together with 1 cup hot water; drain the water from the beans and put part of them in an earthenware bean pot, then the pork and cover with the remainder of the beans, leaving a little of the pork rind exposed; put in a whole small onion, if desired; add the molasses mixture and hot water, if necessary to cover; put on cover, heat in the oven an hour and transfer to a fireless cooker over night if you have one; or leave in the coal range oven over night; or, if your gas oven has a lighter burner, cook the beans with it only lighted; or put in a small portable oven placed over the "simmer" burner. The beans must be cooked slowly for 12 hours or more, adding water from time to time as necessary. The last hour bake uncovered to permit the pork and beans to brown.

Brown Bread

Mix and sift 1 cup rye meal, 1 cup granulated cornmeal, 1 cup graham flour, ¾ teaspoon soda and 1½ teaspoon salt. Add ¾ cup molasses and 1¾ cups sweet milk or water. Stir until well mixed, turn into a buttered mold, and steam 3 hours in a tightly covered can. Remove to oven and bake ½ hour. Never fill moulds more than two-thirds full. One pound baking powder cans make attractive shaped loaves.

The bread can be made the day before, put in a steamer, and reheated just before serving.

Preparing the Meal

About 10 minutes before lunch time put on a kettle of water to heat for the tea. Then put bread in steamer to reheat. Now set the table for lunch, cut the butter and put on the table. When this is done, prepare the teapot for the tea and put the tea to steep. Remove the beans from the

oven, transfer from the pot to a hot vegetable dish and send at once to the table. Strain the tea and serve the hot bread.

DINNER

Saturday **Lesson 18**

VEAL CUTLETS—GRAVY
MASHED POTATOES SLICED TOMATOES
MOCK RASPBERRY MOUSSE

Veal Cutlets

Wipe the cutlets with a damp cloth; in a frying pan put 2 tablespoons butter; when smoking hot add the cutlets; brown quickly on both sides, then lower the flame; add ¼ cup broth or hot water and cook slowly for about 15 minutes, or until the meat is tender. By this time the liquid will have evaporated and a thick brown gravy will be in the pan.

Remove the meat to a hot platter, add 2 tablespoons flour to the liquid in the pan and when well browned add 2 cups milk, broth, hot water or a combination of any two or all three; stir until the gravy boils, when it is ready to serve.

Mashed Potatoes

Follow directions given in Lesson 3.

Sliced Tomatoes

To peel tomatoes, pour boiling water over them, drain and peel. The skin will now slip easily off; chill before slicing; if there is not time to chill the tomatoes after peeling, do not pour the boiling water over them, but instead, with the dull blade of a knife go all over the surface of the tomato as if peeling it, but not, however, breaking the skin; now make an incision and the skin will slip off almost as easily as when hot water is used.

Mock Raspberry Mousse

Soak ¼ package gelatine in ¼ cup cold water ½ hour, then dissolve in ½ cup hot water; add 1 cup of sugar and stir until dissolved, then strain into a dish standing in ice water; when cool add 1 cup raspberry juice and pulp and the juice of 1 lemon; beat until light and continue beating until the mixture will hold its shape; pour into a chilled mould and put in a cold place until firm and ready to serve.

Preparing the Meal

About ¾ hour before dinner time wash and pare 6 medium sized potatoes and put them on to cook in boiling salted water; now slice the tomatoes which have been previously peeled and place in a cool place until ready for them.

Prepare the meat for cooking and after it is browned and cooking slowly set the table, cut the bread and butter and put some milk on the stove to heat for the mashed potatoes; drain and mash the potatoes and set on the back of the range to keep warm until needed; transfer the meat to a hot platter and make the gravy. Serve the dinner at once.

Unmold the mousse, which should have been made in the morning, just before serving; serve either plain or with cream or a soft custard.

Cake for Sunday Evening

In a mixing bowl cream ¼ cup softened butter; to it add ¾ cup sugar and beat until very creamy. To this mixture add alternately ⅜ cup water and 1½ cups flour, with which 3 teaspoons baking powder has been sifted; beat well. Now fold in the stiffly beaten whites of 3 eggs, left from the day before when the yolks were used for the salad dressing, and 1 teaspoon vanilla.

By "folding" is meant the process by which the whites of eggs may be mixed in without the destruction and loss of air bubbles that have already been formed. To do this with a spoon, cut down to the bottom of the dish, turn, bring to the top and fold over the mixture thus brought to the surface; repeat the process until the ingredients are well blended.

Bake the cake either in layers or in a loaf. It is very nice baked in a square pan so that a cake about 2 inches thick results. This then can be frosted and cut into 2-inch squares.

To prepare a cake pan, first grease the pan, then cover with oiled paper the size of the pan; sprinkle this with flour and then pour in the cake batter; or if the paper is omitted, flour the pan after greasing. This cake requires about 15 minutes in a moderate oven if baked in layers, or from 25 to 30 if baked in a loaf. To test a cake insert a clean straw; if it comes out clean the cake is done; if it has anything adhering to it the cake must bake a longer time.

Boiling Frosting

Make syrup of 1½ cups of sugar and ½ cup of water. Beat the whites of two small eggs until frothy. Add ¼ teaspoon of cream of tartar, then beat until stiff. When syrup has reached the honey stage, dropping thick from the spoon (230° F.), add 5 tablespoons to the egg, beating it in well; then boil the rest of the syrup until it threads when dropped from the spoon (238° F.). Pour slowly onto the egg, beating well. Beat until cool enough to spread on cake.

BREAKFAST

Sunday **Lesson 19**

CODDLED APPLES
FARINA—CREAM AND SUGAR
BUTTERED TOAST COFFEE

Coddled Apples

Wash and core 6 tart apples, red in color, if possible, but do not pare them; in a saucepan put 2 cups of hot water and 1 cup of sugar; when sugar is dissolved place the apples in the water; cover and cook until the apples are tender; remove apples from syrup and place in the oven to dry off; boil syrup until thick and pour around the apples; serve with or without cream.

Farina

Follow the rule for cream of wheat, page 16.

Buttered Toast. Follow directions for toast given on p. 11.

Preparing the Meal

Light the gas under the cereal and put on a kettle of water to heat.

Wash and core the apples and start them to cooking.

Now grind and make the coffee and then light the oven burners for the toast; cut the bread and butter, fill the cream pitchers and place on the table.

Now make the toast, butter and place in the oven with the burners extinguished until needed.

Serve the apples as soon as they are done. After that serve the cereal, toast and coffee together.

Fill the cereal cooker and also the pan in which the apples were cooked with water.

DINNER

Sunday **Lesson 20**

ROAST BEEF
BROWNED POTATOES FRUIT SALAD
PEACH TAPIOCA WITH WHIPPED CREAM

Roast Beef

Let the meat to be roasted, after being skewered or tied into a compact shape, rest on a rack in the dripping pan skin side down; dredge with flour and sear over the outside in a hot oven; then add salt, pepper and drippings and cook at a low temperature until done, basting every 10 minutes; after a time turn the roast to brown the skin side; when properly cooked the outside fat is crisp and brown, the lean beneath is browned to the depth of ¼ inch and the whole interior is evenly red and juicy; allow 15 to 20 minutes per pound for roast beef, keeping the temperature low.

Browned Potatoes

Wash and pare 8 medium sized potatoes, and ¾ hour before the roast is done put the potatoes in the dripping pan with the roast; bake until tender.

Fruit Salad

Peel and divide into sections 1 orange; cut into pieces about 1-inch long; slice 3 bananas with the orange and add 1 apple cut into small pieces. If convenient add a little canned pineapple, also a little celery cut into small pieces and ¼ cup chopped nuts; cover the whole with salad dressing. There should be enough left from Friday for this salad.

A few Malaga grapes halved and seeded adds greatly to the delicacy of this salad.

Peach Tapioca

Cover 6 tablespoons "minute tapioca" with cold water; let soak a few minutes, then add 1¼ cups boiling water, ½ t salt and cook in double boiler until transparent. If canned peaches are used, use the syrup on the peaches as far as possible, and if more liquid is necessary to make up 1¼ cups use hot water; also add ¼ cup sugar to the liquid in which the tapioca is cooked. In a baking pan arrange the halves of peaches over which powdered sugar has been sprinkled. When the tapioca is done pour over the peaches and set in a cold place. Serve very cold with whipped cream.

To Whip Cream

If a regular cream whipper is not available put the cream in a deep bowl and whip with a Dover egg beater, taking care to keep it as cool as possible all the time. As the cream whips up remove the froth and continue whipping until all the liquid has been changed to fluffy whipped cream.

Preparing the Meal

About 1 hour before dinner time prepare the roast and place in the oven; then wash and pare the potatoes and put in the pan with the meat.

Make the fruit salad and arrange on lettuce leaves on salad plates.

The peach tapioca should have been made the day before to save any trouble on Sunday. While the meat and vegetables are cooking whip the cream and put in a cool place.

Now set the table, cut the bread and butter and then serve the dinner, taking care that the serving dishes as well as the dinner plates are hot.

In serving the dessert, put ½ peach on each plate with its surrounding tapioca. On top pile the whipped cream. Serve very cold.

SUPPER

Sunday **Lesson 21**

COLD SLICED BEEF
GRAPE JELLY BREAD AND BUTTER
PLAIN WHITE CAKE—BOILED FROSTING
TEA

Slice the roast left from dinner very thinly and arrange on a platter on a bed of lettuce.

Turn out a glass of grape jelly onto a jelly dish and put on the table.

Make the tea according to directions given in Lesson 8.

While the tea is steeping, cut the bread and butter; then cut the cake and arrange on a cake plate.

Strain the tea and serve.

HELPFUL SUGGESTIONS

Coffee Percolator

A percolator has replaced the old-fashioned coffee-pot in many homes. The coffee should be ground very fine, as less is then required. It is best to pour the required amount of boiling water on the ground coffee and allow to percolate only a few minutes. If cold water is used the percolator begins to work much before the water reaches the boiling point. Coffee, like tea, should be extracted with boiling water, otherwise more tannin is drawn out, which is harmful to flavor and digestion.

A dash of salt added to coffee, and also to tea, will add to the flavor.

Cocoa and Chocolate

A very convenient and quick way of preparing cocoa and chocolate is to cook together a large quantity of the cocoa or chocolate (1 cup), sugar (1 cup), cornstarch (½ cup), salt (1 teaspoon), and water (2 cups) until smooth and glossy. Put into glass jars. When desired for use, take out quantity necessary (2 teaspoons to a cup); add the milk; heat, flavor, beat well, and serve.

Marshmallows

Marshmallows may be used in place of whipped cream in cocoa or chocolate. They melt and form a foamy covering, thus preventing the formation of the skin, which is undesirable.

Meringue

Meringue, such as that used in the Floating Island, may be cooked by heating ½ cup milk in a flat pan set over hot water. When scalding, drop the meringue by spoonfuls on top, cover, and let cook 5 minutes. When the meringue is cooked the proportion of sugar is decreased, using but 1 tablespoon to 1 egg-white.

This process may be used any time when baking is not feasible.

Sweetening Iced Beverages

Since sugar does not dissolve readily in cold fruit juice, cold tea, etc., it is very convenient to use sugar syrup instead.

Make it in quantity, one part sugar to one of water, and keep in tight jars ready for use when needed.

Substitution for Cornstarch

If desired to use flour instead of cornstarch in making Blanc Mange, etc., use double the quantity, as flour has only half the thickening power of cornstarch. Potato starch, rice flour and arrow root also can be substituted.

Poaching Eggs

Milk may be substituted for water in poaching eggs. The result is not only very delicious, but also possesses an increased food value. When poaching in milk, always set the poaching pan over hot water.

Boiled Frosting

Boiled frosting may be kept from hardening too rapidly by the following process: When the syrup drops thick like honey (230° F.) add 5 tablespoons to the white of 1 large egg, well beaten. Beat well. Cook the remainder of the syrup to the soft ball stage (238° F.), then add to the egg and syrup mixture.

White Sauce

There are three kinds of White Sauce generally used—thin, medium, and thick. The Thin is used for scalloped dishes, cream soups, cream toast, etc. The Medium is used for creamed vegetables, fish, etc., and the Thick for making croquettes and souffles.

For THIN WHITE SAUCE use 1 tablespoon flour to 2 tablespoons butter and 1 cup milk.

For MEDIUM WHITE SAUCE use 2 tablespoons flour, 2 tablespoons butter and 1 cup milk.

For THICK WHITE SAUCE use 4 tablespoons flour to 3 tablespoons butter and 1 cup milk

SEPTEMBER MENUS—COST AND FOOD VALUE—FOUR PERSONS

Supplies—	Cost.	Food Units. Total.	Protein.	Fat.	Starch. & Sugar.
3½ lbs. Flour	$	5,740	688	172	4,880
1 lb. Cornmeal		1,739	157	191	1,391
5 lbs. Bread		6,025	783	362	4,880
¼ lb. Crackers		400	36	80	284
⅛ lb. Rice		204	18	2	184
⅛ pkg. Rolled Oats		426	77	30	319
⅛ pkg. Cr. of Wheat		354	53	18	283
¼ pkg. Corn Flakes		730	80	7	643
⅛ pkg. Sh'd Wheat		510	66	23	421
3.8 oz. Macaroni		400	60	8	332
⅛ lb. Tapioca		400	4	4	392
5½ lbs. Sugar		10,230	.....	.....	10,230
½ pt. Caramel Syrup		1,000	.....	.....	1,000
1 pt. Syrup		2,000	.....	.....	2,000
½ pt. Orange Marmalade		800	4	20	776
½ pt. Grape Jelly		1,000	.....	.....	1,000
½ lb. Honey		800	8	.....	792
2 lbs. Sirloin Steak		1,970	611	1,359	.....
2 lbs. Neck of Beef		1,060	572	488	.....
4 lbs. Shoulder Veal		1,920	806	1,114	.....
1 lb. Round Steak		1,110	600	510	.....
1½ lb. Veal Cutlets		1,035	414	621	.....
4 lbs. Rump Roast		4,440	2,398	2,042	.....
1 lb. Halibut		470	287	183	.....
2½ doz. Eggs		2,318	762	1,619	.....
16½ pts. Milk		5,363	1,018	2,789	1,556
2 pts. Cream		1,820	91	1,565	164
¼ lb. Cheese		514	129	375	10
2 lbs. Butter		.....	36	7,174	.....
½ lb. Oleo		1,762	9	1,753	.....
1 pk. Potatoes		2,247	247	22	1,978
1 pt. Navy Beans		1,605	337	289	979
1 can Peas (1 lb.)		510	126	16	368
1 can Corn (1 lb.)		500	65	50	385
¼ lb. Peanuts		484	96	305	83
1 small Cabbage		145	29	12	104
1 can Tomatoes		210	44	15	151
1 lb. Prunes		1,600	48	.....	1,552
½ lb. Dates		725	14	51	660
3 Bananas		200	11	11	178
2 Lemons		73	7	10	56
⅜ pk. Apples		660	19	47	594
2 Cantaloupes		360	21	.....	339
⅛ basket Grapes		209	10	32	167
1 Orange		85	5	3	77
2 Bananas		150	7	8	135
½ basket Peaches		232	16	5	211
½ pt. Raspberries		200	16	.....	184
⅜ pt. Catsup		100	10	3	87
1/10 lb. Cocoa		145	25	77	43
⅞ lb. Coffee		.....	.....	.....	.....
1/16 lb. Tea		.....	.....	.....	.....
Totals	$	74.253	10,920	23,465	39,868

Food Units per Day—10,607. Food Units per Day per Person—2,652.
Cost of Food per Day—$. Cost per Day per Person—$.
Of the Total Food Units 14% come from Protein, 31% from Fat and 55% from Starch and Sugar.

Note.—A well-balanced diet contains 10% to 15% of protein food units, 25% to 40% of fat food units, and 40% to 60% of starch and sugar (carbohydrates) food units. An average sized man, with light exercise, requires per day a total of about 2,800 food units; an average woman, 2,200 food units; and a child, 7 to 9 years old, 1,400 food units. See page 72.

SUGGESTIONS FOR REDUCING THE COST OF THE SEPTEMBER MENUS

Substitute oleomargarine for butter in cooking. Use top of milk in place of cream for cereal and coffee. In cooking with milk, use skimmed milk or buttermilk at about half the cost of whole milk.

In Lesson 1, omit the soft cooked eggs and in Lesson 3 use ground round steak broiled in place of sirloin. In Lesson 4 omit the cantaloupe and in Lesson 6 use 2 pounds veal chops in place of 4 pounds veal roast. In Lesson 7 omit the cereal, and in Lesson 9 use plain cooked peas instead of creamed. In Lesson 11 use tea instead of milk, and in Lesson 12 use clear tomato soup instead of cream of tomato. In Lesson 32 use boiled beef patties, grinding round steak for this and forming into patties, instead of veal cutlets, and in Lesson 20 use cucumber salad instead of fruit salad.

ESTIMATED REDUCTIONS

1 lb. Butter at less 1 lb. Oleo at	Creamed Peas at c, less Plain Peas at c.....
2 pts. Cream.....	1 qt. Milk at c, less tea at c.....
4 pts. Milk.....	Cream of Tomato Soup at c, less Clear Tomato Soup at c.....
4 Eggs	Veal Cutlets at c, less Round Steak at c.....
2 lbs. Sirloin Steak at less 1½ lbs. Ground Round at	Fruit Salad at c, less Cucumber Salad at c...
2 Cantaloupes	
4 lbs. Veal Roast at less 2 lbs. Veal Chops at	
Corn Flakes, Cream and Sugar	

Original Total Cost.....
Reduction Cost .....

Total Cost per Week.....

New Cost per Day.....
New Cost per Day per Person.....

NOTE.—Food prices are changing so often and vary so much in different localities that they are now omitted throughout "Lessons in Cooking." Filling them in with your local prices will be very valuable practice.

OCTOBER MENUS

TABLE SET FOR LUNCHEON WITH REVOLVING SERVING DEVICE.

LESSONS IN COOKING

PART II

WAITING ON TABLE

General Rule

Convenience, ease and grace should govern every action in serving. This rule should apply to the setting of the table, taking each point into consideration in the placing of every article, as well as in the serving.

With a Maid

1. A tray should be used in serving food and removing dishes, with the exception of platters and large dishes.
2. *Place* dishes before the guests from the *right.*
3. *Pass* all dishes from which food is to be taken at the *left.*
4. *Remove* the dishes from the *right, when convenient.*
5. Fill water glasses as they stand in place, if possible. If not, pick up the glass with the *left* hand, fill and replace.
6. Everything pertaining to one course should be removed before serving the next.
7. Remove in the following order:

    1. All dishes containing food, meat platter, vegetable dishes, etc. In removing the platter, lay the carving knife and fork on the platter and remove with both hands.
    2. Soiled dishes, taking the entire service from each person at one time.
    3. Clean dishes that are not to be used in the following courses.

Remove the crumbs before serving the dessert. For this use a scraper and tray when a tablecloth is used or napkin and plate when meal is served from the polished table.

Serve finger bowls whenever required, i. e., after fruit course for breakfast, after the meat course if vegetables such as corn on the cob is served and corn holders are not provided, and at the end of the meal.

Without a Maid

1. Place a double-decker service table or wheel tray near the dining table.
2. Have everything possible in reserve on the service table. Even many of the dishes to be served hot may be kept there standing in hot water.
3. Soiled dishes from one course may be removed and set on the lower shelf of the service table if desired.
4. Make the service as simple as possible, planning in every way to avoid leaving the table and interruption of the meal.
5. Finger bowls may be put on the table and left there for use during the entire meal.
6. Serve as much of the food as possible at the table. Individual service—that is, preparing in single portions—is very attractive, but requires more work.
7. For a small family it is often advisable to serve the entire meal from the kitchen, serving portions suited to each individual. This lessens dishwashing, because no serving dishes are needed.

ABBREVIATIONS

Hereafter in "Lessons in Cooking" the following abbreviations will be used:

t teaspoon.	m minute.
T tablespoon.	h hour.
c cup.	L lesson.

OCTOBER MENUS

Monday **Lesson 22**

BREAKFAST

LIVER BROILED WITH BACON

MUFFINS COFFEE

Liver, Broiled with Bacon

Have bacon cut in thin slices, put into a cold pan and heat slowly, turning often. When golden brown, remove to a hot plate. Parboil for 5 m slices of liver ½-inch thick, drain and brown in the bacon fat; season with salt and pepper and place in the center of the plate, arranging the bacon around the edge.

For MUFFINS see Lesson 4.

Preparing the Meal

Make the muffins; while baking make the coffee and prepare the liver and bacon. While the liver is parboiling, broil the bacon. Finish cooking the liver and serve the breakfast.

LUNCH OR SUPPER

Monday **Lesson 23**

CREAM OF BARLEY SOUP CROUTONS

BREAD AND BUTTER ORANGE MARMALADE

COCOA

Cream of Barley Soup

Wash thoroughly ½ cup pearl barley; throw it into 1 quart boiling water, boil rapidly for 10 m, then drain. Put into the double-boiler with 1 quart of milk. Cover and cook slowly for ½ h. While this is cooking cut 1 small onion into slices and put in the frying pan with 1 T butter. Cook slowly and when the onion is perfectly tender, but not brown, add 2 stalks of celery cut into small pieces, and a bit of bayleaf. When the barley is transparent all the way through add the mixture from the frying pan, 1 T butter, 1 t salt, and a dash of pepper. Press through a vegetable sieve, reheat and serve.

For CROUTONS see Lesson 2.

For COCOA see Lesson 2.

Preparing the Meal

Start barley cooking an hour before lunch time. Allow 20 m for the cooking of the onion in the butter. Make the croutons and cocoa and finish the soup. Serve with the croutons, then the cocoa, beating well before serving.

DINNER

Lesson 24

SCALLOPED CODFISH AND RICE
STEWED TOMATOES APPLE SALAD
KRUMMEL TORTA

Scalloped Codfish and Rice

Blanch ¼ cup rice by covering with 2 c cold water; put over the fire, stirring occasionally while heating to prevent its sticking; boil 5 m, drain on a sieve and rinse with cold water. The rice is now beautifully white and clear and the grains do not adhere. Return to the fire in a double boiler, add 1¼ c milk, and 1 c salt codfish, previously soaked over night. Cook until the rice is nearly done and the milk absorbed. Put in a baking dish in several layers, cover with ½ c medium white sauce. Sprinkle with buttered crumbs, place in the oven and bake about 20 m, or until well heated throughout and browned on top.

Stewed Tomatoes

Empty the contents of 1 can of tomatoes into a granite or aluminum saucepan and heat slowly, adding 1 t salt, 2 T sugar and a dash of pepper. Mix 2 T flour with 2 T butter, add to the tomatoes in the pan. Mix thoroughly, boil a few minutes and serve. (Use fresh tomatoes in season.)

Apple Salad

Dice 3 well flavored apples, add ½ c celery cut into ½-inch lengths, and ½ c nutmeats. Cover with BOILED SALAD DRESSING (L. 15) and serve cold on a bed of lettuce.

Krummel Torta

Beat 2 eggs until light, add 1 c sugar, ½ c breadcrumbs, 1 c chopped dates, 1 c chopped nuts, and 1 t baking powder. Mix well together, put into a shallow pan, and bake ¾ h in a slow oven. Serve either plain or with plain or whipped cream. Cut in squares to serve.

Preparing the Meal

About 1 h before dinner time blanch the rice and start it to cooking with the codfish.

Light the oven burners and make the Krummel Torta. By this time the rice and fish are ready to be scalloped. When that is done prepare the tomatoes and heat.

Pare and dice the apples and add to the chopped nuts and celery. Cover with the SALAD DRESSING (L. 15) which should have been made previously, and serve on the lettuce leaves on salad plates. Set in a cool place until ready to use.

Serve the dinner. Keep the Krummel Torta hot in the oven until time to serve.

BREAKFAST

Tuesday **Lesson 25**

OATMEAL—CREAM AND SUGAR
BAKING POWDER CINNAMON ROLLS
COFFEE

Cinnamon Rolls

Make the same as BAKING POWDER BISCUITS (p. 24), using 2 c flour, 4 t baking powder, ½ t salt, ½ T butter, ½ T lard, ¾ c milk. Instead of cutting into biscuits, roll the dough out into a sheet about ½ inch thick and spread with a mixture made of ¼ c butter creamed with ½ c sugar and 4 t cinnamon. Then roll the dough like a jelly roll, pressing the ends together, to keep sugar mixture in, and cut into slices ½ inch thick. Place in a baking pan and bake 12 m in a hot oven.

Preparing the Meal

Start the cereal to cooking. Heat the water for coffee. Light oven burners. Get out materials, make the cinnamon rolls and place in the oven. While baking make the coffee.

When all is ready, serve the cereal, then the rolls and coffee.

Keep rolls hot in the warming oven or as on page 11.

Immediately after breakfast, while washing the dishes, cook the macaroni and the 3 eggs for the salad required for luncheon. Make CUP CAKES for luncheon if convenient.

LUNCHEON OR SUPPER

Tuesday **Lesson 26**

MACARONI SALAD BREAD AND BUTTER
CUP CAKES TEA

Macaroni Salad

Break the contents of ½-pound package macaroni into pieces ½ inch long. Boil about 20 m, or until tender. Pour into a sieve, rinse with cold water, and put into a mixing bowl. Cook 3 eggs until hard, according to directions given in Lesson 1. When cold, slice and add to macaroni. Add ½ c celery cut into short pieces. Cover with SALAD DRESSING (L. 15) and serve very cold.

Cup Cakes

Cream ½ c butter, add 1 c sugar and mix until well creamed together. Add the yolk of 1 egg and beat well. Mix and sift 2 c flour and 2 level t baking powder. Add to the cake alternately with 1 c milk. Mix and beat well, then cut and fold in the stiffly beaten white of 1 egg, and 1 t vanilla. Bake in greased muffin rings 30 m in a moderate oven.

Preparing the Meal

Heat the water for tea about 5 m before lunch time, then make the salad, the eggs and macaroni having been cooked. Make the tea and serve the lunch. The cup cakes may be made immediately after breakfast or before this meal.

DINNER

Tuesday **Lesson 27**

FLANK STEAK—STUFFED AND BAKED
CREAMED POTATOES CHILI SAUCE
PEACH SHORTCAKE

Flank-Steak Stuffed and Baked

Wipe the steak clean with a damp cloth; carefully remove the skin and fat and lay it flat on a board; moisten ¾ c crumbs with stock or hot water, add 1 t salt, ¼ t pepper, ½ onion chopped fine, and 1 T chopped parsley. Spread this mixture on the meat evenly, then roll with the grain so that when sliced it will be cut across the grain, tie with twine, turning in the ends to make it even and shapely.

Dice an onion, carrot and turnip and lay them in the baking pan; on top of them lay the roll of meat, pouring in enough stock or water to fill the pan to the depth of 1 inch; cover and place in a slow oven to cook at least 3 h, longer if possible.

When cooked, remove the meat and thicken the broth with flour, using 2 T to a cup of liquor.

Peach Shortcake

For Shortcake follow directions given in Lesson 10 for baking powder biscuits. Instead of cutting the dough into biscuits, roll it out into 2 sheets of equal size, about ½ inch thick. Spread one side of each sheet with butter and put the buttered sides together in baking. Bake in a hot oven 12 or 15 m. When done, split the two sheets apart, cover the lower layer with peaches, previously sliced and sweetened; replace the top layer, cover with peaches, cut into squares and serve.

When fresh peaches are not available canned or evaporated peaches may be substituted.

For CREAMED POTATOES see Lesson 12.

Preparing the Meal

Prepare the meat 3 h before dinner time. Wash, pare and dice the potatoes, and cook about 15 m before dinner, or until tender. Cold boiled or baked potatoes may be utilized for creamed potatoes. Make the shortcake and while it is baking make the cream sauce for the potatoes.

Increase the heat of the oven while the shortcake is baking.

Take the meat from the oven, place on a hot platter, cutting and removing the cords before serving. Put the vegetables around the edge of the platter and pour the thickened broth over all.

Keep shortcake hot in the oven while serving the dinner.

BREAKFAST

Wednesday **Lesson 28**

FARINA WITH STEWED PRUNES

MILK TOAST COFFEE

Milk Toast

Toast slices of bread, cut about ¾ inch thick; when brown cut diagonally across both ways.

Heat 2 c milk, add ½ t salt, dash of pepper, and 2 T butter. Arrange the toast in a hot vegetable dish and cover with the hot milk. Serve at once.

For FARINA see Lesson 4; for STEWED PRUNES Lesson 7.

Preparing the Meal

Start the cereal to cooking, and heat the water for coffee. Heat the milk for toast in a double boiler. Grind and make the coffee. Toast the bread, add the salt, pepper and butter to the milk, and keep both hot until needed.

Serve the cereal with the prunes, which should have been cooked the preceding day, then the coffee and the milk toast.

LUNCHEON OR SUPPER

Wednesday **Lesson 29**

OATMEAL TIMBALE WITH CREAM SAUCE
BREAD AND BUTTER CURRANT JELLY
TEA

Oatmeal Timbale with Cream Sauce

Pour leftover oatmeal into timbale or custard cups; when cold, turn them out, scoop out the centers, leaving a wall ½ inch thick, mix a little cold chopped meat—the meat and stuffing left from the flank of Tuesday's dinner—with the oatmeal; moisten with gravy or water, refill the centers and place them in a hot oven until thoroughly hot. Serve with 1 c medium CREAM SAUCE (p. 38). Other leftover breakfast foods may be used in the same way.

Preparing the Meal

The timbales should be molded the day before from the leftover oatmeal. Prepare and add the meat ½ h before lunch. While baking make the Cream Sauce and tea. Serve the lunch.

DINNER

Wednesday **Lesson 30**

BAKED HAM

MASHED POTATOES CABBAGE AU GRATIN

CHOCOLATE BREAD PUDDING

Baked Ham

Wipe the ham or piece of ham with a damp cloth, put in a kettle and parboil, allowing 10 m to each pound. Drain, remove to a roasting pan, rub over the entire surface with brown sugar and then stick cloves in all over it. Put in the oven and bake until tender. This will require about 20 m per pound.

Cabbage au Gratin

Wash, chop and soak a small head of cabbage in cold water for 15 m; put into boiling salted water and boil slowly for 5 m, drain. While this is boiling make a Cream Sauce from 1 T butter, 1 T flour, 1 t salt, a dash of pepper, and 1 c milk; add 4 T chopped or grated cheese; take from the fire and add the yolks of 2 hard cooked eggs pressed through a sieve. Chop the whites very fine and add them also. Put a layer of this in the baking dish, then a layer of cabbage, having the last layer sauce. Cover with bread crumbs and bake in a quick oven 20 m.

Chocolate Bread Pudding

Soak 1 c bread crumbs in 2 c milk. Add ⅓ c sugar, ¼ t salt, and the yolk of 1 egg.

Melt a 1-ounce square of chocolate over hot water, add enough milk to make of the consistency to pour, about 4 T and add to the bread mixture. Beat the white of the egg until stiff and fold into the pudding. Add 1 t vanilla. Pour into a buttered baking dish, set in a pan of water, and bake in a moderate oven about 20 m or until firm.

For MASHED POTATOES see Lesson 3.

Preparing the Meal

For a 3-pound piece of ham start the parboiling about 1½ h before dinner time. When the ham is in the oven, cook the potatoes and cabbage. The bread crumbs for the pudding can be put to soak at any time.

The 2 eggs for the cabbage may be cooked with the ham while it is parboiling.

Prepare the cabbage for baking; finish the pudding and let bake while the dinner is being served.

Drain and mash the potatoes, then serve the dinner.

BREAKFAST

Thursday **Lesson 31**

CORNFLAKES CREAM AND SUGAR

CHEESE FONDUE ON TOAST COFFEE

Cheese Fondue

Cover 1 c bread broken into small pieces with 1½ c milk; add ½ c cheese either grated or cut into small pieces, 1 T melted butter and ½ t salt. Cook in a double boiler until cheese is melted, then add 1 egg, beaten slightly and heated gradually by pouring some of the hot mixture on it. Cook 5 m longer and serve on toast.

Preparing the Meal

Make the coffee. Heat crumbs and milk in a double boiler, and have ready all the other ingredients for the fondue. Prepare the toast and heat the plates. Finish the fondue. Serve the cereal, then the cheese fondue on toast.

LUNCHEON OR SUPPER

Thursday **Lesson 32**

POTATO TIMBALES EN SURPRISE

BISCUITS QUINCE PRESERVES

TEA

Potato Timbales en Surprise

Beat 2 eggs without separating until light; add 3 T cream and 1½ c mashed potato left from the evening before. Season with ⅔ t salt, a dash pepper, 1 t onion juice, and a grating of nutmeg. Press the whole mixture through a sieve.

Line the bottoms of timbale molds or custard cups with greased paper; half fill them with the potato mixture; add 1 t of chopped baked ham, and complete the filling of the mold with potato.

Stand the molds in a pan of hot water and cook in the oven 20 m. When done, loosen the sides with a sharp knife and turn out carefully on a heated dish.

For BISCUITS see Lesson 10, page 24.

Preparing the Meal

Prepare the timbales and place in the oven; then make the biscuits. While baking make the grape-nut pudding for dinner so that it will be cold at night. After pudding is in the oven prepare the table for lunch. Serve the meal.

DINNER

Thursday **Lesson 33**

BROWN STEW OF BEEF
BOILED POTATOES DUMPLINGS
CABBAGE AND NUT SALAD
GRAPE-NUT PUDDING

Brown Stew of Beef

Remove all fat, bone, skin and gristle from 1 pound of round steak or stewing meat and cut into 1-inch squares. Try out the fat and in it brown ½ onion chopped fine. Sprinkle 3 T flour over the meat and add to the fat and onion. When the meat is well browned, add 1 pint boiling water. Lower the heat and cook 1 h below the boiling point. Add the dumplings 15 m before the stew is done.

Dumplings

Sift 2 c flour with 4 t baking powder and ½ t salt into a mixing bowl. Add about ⅔ c milk or enough to make a soft dough. Drop by spoonfuls all over the top of the stew; cover closely and cook for 15 m.

Boiled Potatoes

Wash and pare potatoes and cook with the meat.

Grape-nut Pudding

Soak ½ c grape nuts ½ h or longer in hot water to cover. Beat 2 eggs and ¼ c sugar together until light, then add 2 c cold milk. Add softened grape nuts, ½ t salt, and ¼ t grated nutmeg. Pour into a baking dish and bake until firm in a slow oven. This will require about 25 m if baked in individual molds, and about double that time if baked in a large one. Serve cold with or without cream.

For CABBAGE and NUT SALAD see Lesson 15.

Preparing the Meal

Prepare the meat for the stew about 1½ h before dinner time. Wash and pare the potatoes and add to the stew.

Make the cabbage salad and put in a cool place until ready to serve.

Make the dumplings, add to the stew, cover tightly, increase the heat and cook 15 m.

The pudding, which was prepared at noon, may now be turned out on the serving dishes.

When everything is ready, lay the dumplings around the edge of a platter, fill the center with stew and potatoes. Serve at once.

BREAKFAST

Friday **Lesson 34**

ORANGES

BROWNED HASH CATSUP

BUTTERED TOAST COFFEE

Browned Hash

Put meat and potatoes left from dinner the preceding evening through the meat grinder; moisten with gravy. Put into a hot buttered frying pan and when well browned, turn one-half over the other like an omelet and serve.

Preparing the Meal

Heat water for coffee. Make the hash. While browning make the toast and coffee. Keep hot.

Serve the oranges, then the hash, toast and coffee.

LUNCHEON OR SUPPER

Friday **Lesson 35**

SCALLOPED TOMATOES

BREAD AND BUTTER COTTAGE CHEESE

TEA

Scalloped Tomatoes

Drain the liquid from a can of tomatoes and reserve. Cover the bottom of a baking dish with a layer of the solid tomatoes. Over this sprinkle salt and pepper and dots of butter, using about 1 T butter for each layer. Cover with a layer of cracker or bread crumbs, then another layer of tomatoes, and so on until the tomatoes have all been used, having buttered crumbs on the top. Bake 20 m in a hot oven. (Use fresh tomatoes in above if cheaper.)

Cottage Cheese

Heat thick sour milk over hot water until the curd and whey separate. This is accomplished at a low temperature, and for tender cheese the temperature should not go over 100° F.

Pour into a sieve, rinse if desired until all sour taste is removed, and let stand several hours, or until all the whey has drained off. Add salt, pepper and melted butter, form into balls and serve cold.

Preparing the Meal

Twenty minutes before lunch time prepare the scalloped tomatoes. While baking mold the cottage cheese, which should have been made in the morning, or even the preceding day, into balls and arrange on lettuce leaves. Make the tea and serve the meal.

While preparing this meal make the blackberry sponge for dinner.

DINNER

Friday **Lesson 36**

TOMATO BOUILLON—CROUTONS
FINNAN-HADDIE A LA DELMONICO
MASHED POTATOES BROWNED PARSNIPS
BLACKBERRY SPONGE

Tomato Bouillon

To 1 pint of tomatoes, or if desired, tomato juice only, add 1½ pints plain soup stock, ½ T chopped onion, ¼ bayleaf, 3 cloves and ¼ t celery seed. Mix well together, boil 20 m, strain and serve.

Bouillon cubes may be used instead of stock if the latter is not available, using 4 cubes to 1 quart of hot water. Or beef extract may be used in the proportion of 4 t to 1 quart of hot water. Directions for making stock will be given later.

Finnan-Haddie a la Delmonico

Wash 1 pound of fish thoroughly; then soak ½ h in cold water; drain, cover with water just below the boiling point and let stand 15 m; drain and wipe dry. Remove the skin and bones and separate into flakes. Put the flaked fish into a buttered serving dish, pour over it THIN WHITE SAUCE

(p. 38) equal in quantity to the fish, about 2 c, cover with buttered crumbs, and bake in a hot oven long enough to brown the crumbs and to thoroughly heat the fish.

Browned Parsnips

Scrape, halve and boil 4 good-sized parsnips. When tender, drain and heat in a skillet with 2 T butter until golden brown in color.

Blackberry Sponge

Fill an earthen bowl closely with 2 c of small cubes of bread. Pour over the bread hot blackberry juice until the bread has absorbed all it will. Set the sponge aside in a cool place for several hours. When ready to use, turn from the bowl and serve with cooked blackberries, sugar and cream. Other fruits may be used with this dessert, according to one's taste and convenience.

Preparing the Meal

Wash the fish and put it to soak in cold water 1 h before dinner time; make the White Sauce (p. 38) for the fish, which should then be flaked. Arrange the fish in a baking dish and cover with the White Sauce.

Combine the tomato juice and stock and heat.

Make the Croutons.

Drain parsnips from the boiling water and brown in butter. While cooking, drain potatoes, reserving half for the next day's dinner; mash the other half and keep hot until needed.

Serve the soup with the croutons, then the rest of the dinner.

BREAKFAST

Saturday **Lesson 37**

RALSTON BREAKFAST FOOD

FISH CAKES BUTTERED TOAST

COFFEE

Fish Cakes

Mix remnants of the Finnan-Haddie with Mashed Potatoes left from the evening before; add 1 egg well beaten, shape into cakes, and saute in 2 T butter.

For RALSTON BREAKFAST FOOD follow directions for CREAM OF WHEAT given in Lesson 4.

Preparing the Meal

Start the cereal to cooking. Prepare the fish cakes and while sauteing make the coffee and toast the bread. Serve the cereal and then the rest of the breakfast.

Saturday Morning Baking

The following dishes for Saturday and Sunday meals should be prepared in the order given.

Coffee Cake

To 1 c scalded milk add ⅓ c butter, or butter and lard, ¼ c sugar, and ½ t salt. When lukewarm, add ⅓ yeast cake dissolved in ¼ c lukewarm water, 1 egg well beaten, flour enough to make a stiff batter and ½ c raisins, scalded and cut into small pieces. Cover, let rise over night; in the morning work down well by stirring with a wooden spoon. Turn out onto a floured board, pat or roll into a sheet about ½ inch thick, put into a shallow pan, brush over with beaten egg and spread with a mixture made of 3 T melted butter, ⅓ c sugar, and 1 t cinnamon. When the sugar is partially melted, sift on 3 T flour.

Place the Coffee Cake in a warm place until double in bulk, then bake ½ h or longer, until done.

If desired, this process may be started in the morning, but in this case 1 whole yeast cake must be used. Then proceed as above.

Cheese Crumpets

Scald 2 c milk in a double boiler; to ¼ c melted butter add ¼ c cornstarch, ¼ c flour and ½ t salt; mix well and add to scalded milk. Cook 5 m, stirring constantly. Add the yolks of 2 eggs slightly beaten and ½ c cheese, cut into small pieces. When the cheese is melted, pour into a buttered shallow pan and cool. Turn onto a board, cut into squares, place on a pan, sprinkle with ¼ c grated cheese and brown in the oven. Serve on crackers.

Drop Cakes

Cream ⅓ c butter, add 1 c sugar; mix well, add the yolks of 2 eggs and when well beaten into the sugar, add 1½ c flour, sifted with 3 t baking powder, alternately with ½ c

milk. Lastly cut and fold in the stiffly beaten whites of the 2 eggs and 1 t vanilla.

Drop from a spoon into greased muffin rings and bake about 15 m in a moderate oven. Frost if desired.

Caramel Custard

Heat 1 quart of milk in a double boiler; while this is heating, caramelize ¾ c sugar by boiling with ¼ c water until golden brown in color. Then pour *slowly* into the hot milk, stir and cook until thoroughly dissolved. The high temperature of the syrup will raise that of the heated milk, causing violent boiling. Hence, care is necessary in combining the two. Now proceed according to directions given in Lesson 12 for Baked Custard, using 4 eggs, ¼ t salt, but no sugar.

Nut Blanc Mange

See Lesson 15, adding 1 c finely chopped nut meats just before molding. English walnuts, pecans, almonds, etc., are all good.

Apple Sauce

Pare, quarter and core 6 tart, juicy apples; add ½ c water and cook until tender, having a hot fire so that the apples may be cooked quickly. Add a few grains of salt, sweeten to taste and cook enough longer to dissolve the sugar.

Chocolate Sauce, see Lesson 6.

Salad Dressing, see Lesson 15.

Method of Work

Immediately after breakfast, work down the Coffee Cake if started the preceding evening, arrange in the pans with the sugar mixture and stand in a warm place to rise. If not already started, make the sponge with a whole yeast cake and set away in a warm place for the first rising. It should be kept especially warm, between 80° and 90° F, if started in the morning.

While the Coffee Cake is rising, which will take between 1 and 2 h, according to the time of starting the dough, make the Cheese Crumpets and set aside to cool.

Start the sugar to caramelizing and the milk to heating for the Custard and Blanc Mange, and then make the Drop Cakes. Place in the oven and finish the Custard, reserving

some of the milk for the Blanc Mange. By this time the Coffee Cake, if started by the long process, is ready to be baked. Also the Custard, set in a pan of water, may be put into the oven if there is room. If not, let it wait until the cakes are done.

Now finish the Blanc Mange and while it is cooking make the Apple Sauce. When finished, make the Chocolate Sauce and, if necessary, a supply of Salad Dressing.

The Coffee Cake, if started by the short process, should now be baked. It should be worked down and put in the pans after making the Drop Cakes and before making the Custard.

LUNCHEON OR SUPPER

Saturday **Lesson 38**

CHEESE CRUMPETS—CRACKERS

BREAD AND BUTTER TEA

Cheese Crumpets

See Lesson 37, under Saturday Morning Baking.

Preparing the Meal

Ten minutes before lunch time, turn the crumpets out of the mold, cut, sprinkle with ¼ c grated cheese, place in the oven and brown.

Make the tea and serve the lunch.

DINNER

Saturday **Lesson 39**

HAMBURG CAKES

SMOTHERED POTATOES STEWED CORN

BAKED CARAMEL CUSTARD

Hamburg Cakes

Have the butcher grind 1 pound of round steak twice, or put it through the meat grinder at home. The second grinding thoroughly cuts up all the larger pieces that escaped the first.

Mix ½ c stale bread crumbs with ¼ to ½ c milk, according to the dryness of the bread. Add ½ t salt, 1 egg well beaten and the ground meat. Also if desired ½ onion chopped fine may be added. Mix well, shape into cakes, about ½ inch thick, and pan broil in a hot frying pan.

Smothered Potatoes

In ¼ c butter or beef fat, cook ¼ c chopped onion, parsley and celery mixed. When beginning to brown, add 2 c cold boiled potatoes cut into dice or slices. Sprinkle with salt and pepper and add ½ c White Sauce, Meat Gravy or Tomato Sauce.

Cover till well steamed through, uncover and let any surplus moisture evaporate and serve hot.

Stewed Corn

Empty the contents of 1 can corn into a saucepan, add ½ t salt, a dash of pepper and 1 T butter. Heat thoroughly and serve. (Substitute corn on the cob [p. 375] if in season.)

Preparing the Meal

Twenty minutes before dinner time prepare the meat, using instead of one whole egg the two whites left from the cheese crumpets. Make ½ c White Sauce (p. 38). While this is cooking, cut the potatoes into dice after putting the chopped onion, etc., into the melted fat to brown. When beginning to brown, add the potatoes and white sauce, cover and let steam.

Season and heat the corn.

Broil the Hamburg Cakes according to directions given in Lesson 3 for pan broiling. When done serve the dinner.

Serve the Caramel Custard, which should have been made in the morning, very cold.

BREAKFAST

Sunday **Lesson 40**

GRAPEFRUIT
POACHED EGGS—CREOLE STYLE
COFFEE CAKE COFFEE

Grapefruit

Cut the grapefruit in halves, crosswise. Half a grapefruit is one service. Remove all the seeds. Insert a sharp pointed knife between the outside skin or shell and the pulp and cut all around the inside. Now cut the skin away from the sides of each section of pulp, insert the knife under the core and cut free from shell, then lift out the core and membranes in one, thus leaving the pulp only.

Sprinkle with powdered sugar and serve very cold.

Poached Eggs—Creole Style

Stew 1 can (or 4 fresh) tomatoes and 1 green pepper, shredded, until reduced to half; pour onto a hot platter and arrange on top of it 4 rounds of toast; on each piece of toast place an egg poached according to directions given on page 30. Melt and brown 2 T butter, add 1 T lemon juice or vinegar and when the liquid boils, pour over the eggs. Sprinkle with salt and pepper and serve.

Preparing the Meal

Prepare the grapefruit the preceding evening and put in a cold place until ready to serve.

Stew the tomatoes and green pepper. Make the coffee, then the toast. Remove the tomatoes from the fire, arrange on a platter with the toast and keep hot until needed.

Serve the grapefruit; then poach the eggs and while cooking prepare the vinegar sauce. Arrange the eggs on the toast and serve at once with the coffee cake and coffee.

DINNER

Sunday **Lesson 41**

ROAST PORK—APPLE SAUCE
BROWNED POTATOES GLAZED SWEET POTATOES
PORCUPINE SALAD
NUT BLANC MANGE—CHOCOLATE SAUCE

Roast Pork

Wipe the roast with a damp cloth, place in a dripping pan, dredge with salt, pepper and flour, and place in a slow oven to roast. Baste every 10 m until done. Contrary to the general rule for roasting meats, pork is put into a slow oven so that the heat may have an opportunity to penetrate to the very inmost center. Pork should be cooked about 25 m to the pound.

Glazed Sweet Potatoes

Wash, pare and parboil 4 good-sized sweet potatoes. Drain, cut into lengthwise slices about ½ inch thick and lay in a baking dish. Spread thickly with a syrup made from ¼ c butter, ½ c brown or maple sugar and ¼ c hot water. Bake until tender, basting frequently with the syrup in the pan.

Porcupine Salad

Dip the halves of either fresh or preserved peaches or pears into thick Salad Dressing. Lay on lettuce leaves and stick in blanched or shredded almonds in rows lengthwise.

For BROWNED POTATOES see Lesson 20.

For NUT BLANC MANGE see Lesson 15, adding 1 c finely chopped nut meats just before molding. For CHOCOLATE SAUCE see Lesson 6.

Preparing the Meal

Allow 1½ h for the roast. Wash and pare 6 medium-sized potatoes and put in the pan with the roast.

Parboil the sweet potatoes for 10 m. Drain and prepare for the oven, allowing about ½ h for them to bake.

Make the salad, if it has not already been prepared earlier in the morning, and arrange on plates for serving.

The APPLE SAUCE for the roast, also the BLANC MANGE and CHOCOLATE SAUCE should have been made on Saturday.

Serve the dinner.

SUPPER

Sunday **Lesson 42**

CHEESE AND PIMENTO SANDWICHES

DROP CAKES COCOA

Cheese and Pimento Sandwiches

Use the Cottage Cheese left from Friday's lunch; mix with an equal proportion of chopped pimentoes and olives. Cut bread thin, butter one slice, and spread the other with the cheese filling and lay together.

For COCOA see Lesson 2. For DROP CAKES see page 55.

Preparing the Meal

The sandwiches may be prepared early and wrapped in oiled paper or a damp napkin.

The cocoa also may be cooked and allowed to stand until ready to use, the milk added, heated and beaten.

Put the drop cakes on a plate and serve the supper.

HELPFUL SUGGESTIONS

Nutmeg as a Flavoring

A dash of nutmeg added to creamed toast improves it greatly. It also gives to vegetables, such as beans, peas, potatoes, rice, etc., a very delicate flavor. To roast veal and lamb it gives a delicious flavor obtained in no other way.

Cottage Cheese

A pleasing variety can be obtained by serving cottage cheese in different ways. Seasoning with salt and pepper and softening with cream is the usual method. Instead of the cream add enough melted butter to soften and hold together, so that it may be rolled into balls. Sprinkle with chopped parsley and serve. Or roll them in breadcrumbs, brown in butter and serve hot. Or serve as a cheese tart in pastry shell with cream and sugar.

Whipped Cream with Soup

All cream soups are very delicious served with whipped cream. Put 1 t cream in the bottom of the bowl and pour the hot soup on it.

Crapefruit

When grapefruit is prepared and allowed to stand over night the bitter taste develops. If this is undesirable, prepare shortly before using.

Sweetening with honey instead of sugar gives a very delicious flavor to grapefruit. All kinds of preserved small fruits, maple syrup and fresh crushed fruits may also be used in grapefruit.

Nuts

The housewife with foresight will have on hand jars of nuts ready to use for salads, desserts, etc. English walnuts, pecans, and other nuts, when shelled should be kept in two jars, the whole perfect pieces in one and the broken in another. If nuts are bought shelled they should be scalded and dried in the oven, because they are not shelled in sanitary surroundings.

Almonds should be blanched by pouring boiling water on them. Allow them to stand about 5 m, drain from the water and slip off the brown skin. Dry thoroughly and keep in jars.

To shred almonds, lay flat on the table and cut lengthwise. These shredded almonds, browned but not salted, are a great addition to many desserts, both in appearance and taste.

Salad Dressing

Salad Dressing made up in quantity without milk will keep indefinitely. Make very thick, using only the vinegar or the lemon juice; put in glass jars. Take out the quantity desired, dilute with sweet or sour milk or cream, whipped cream or unsweetened evaporated milk.

Cream Soups

The foundation for all cream soups is the thin white sauce. To this is added the pulp of different kinds of vegetables, such as potatoes, tomatoes, peas, beans, celery, pumpkin, lettuce, onion, etc., and such cereals as barley, rice and sago.

A general proportion that can always be used is 1 quart liquid, 1 pint vegetable pulp and 2 T flour. The amount of butter should vary according to the richness desired.

Scalloped Dishes

Scalloped dishes are prepared by baking in the oven with a top layer of buttered crumbs. The foundation of a scalloped dish may be fish, meat, vegetables, macaroni, etc., with generally a sauce or gravy poured over and the top covered with crumbs.

Tomatoes or any soft vegetables are prepared without the sauce, and some crumbs are generally mixed throughout the dish.

Scalloped dishes are served in the dish in which they are baked.

Bread Crumbs

Bread crumbs should be prepared and kept in jars ready for use. Dry all pieces of bread, crusts, etc., by keeping in open jars or receptacles set in a warm dry place. When thoroughly dried, roll fine or put through a meat grinder and keep in glass jars.

The bread may be dried in the oven at a low temperature and ground when desired for immediate use.

Buttered Crumbs

Buttered crumbs are prepared by melting butter and mixing the crumbs with it in the proportion of about 1 T butter to 4 T crumbs.

MONDAY

Food Materials—	Wt. in oz.	Cost.	Gms. Protein.	Gms. Fat.	Gms. Carbo.
Liver	2.6	$	15.96	2.45	1.98
Bacon	.4		1.05	7.12	0.00
Muffins	2.08		4.69	10.35	19.75
Butter	.5		.14	11.98	0.00
Coffee	.25		0.00	0.00	0.00
Cream for Coffee			.38	3.83	0.00
Cr. of Barley Soup	5.00		5.57	7.17	18.89
Croutons	.75		1.91	.25	10.88
Bread	2.25		5.73	.75	32.64
Butter	.25		.07	5.99	0.00
Cocoa	2.00		9.53	11.71	18.94
Orange Marmalade	3.60		0.00	0.00	75.78
Codfish	1.60		8.55	.18	0.00
Rice	1.00		2.26	.08	22.39
Cream Sauce	3.00		2.64	8.72	6.52
Butter	.25		.07	5.99	0.00
Stewed Tomatoes	4.40		1.37	3.49	6.67
Apple Salad	7.75		10.18	15.58	25.52
Celery for Salad	1.5		.38	.04	1.10
Bread	1.50		3.82	.49	21.75
Butter	.50		.14	11.98	0.00
Krummel Torta	4.12		6.92	12.70	62.38
	51.30	$	61.36	120.85	325.19

1 gram either protein or carbohydrate (starch, sugar, etc.) yields 4.1 food units or calories.

1 gram fat yields 9.3 food units or calories.

61.36 gms. Protein. 120.85 gms. Fat × 9.3 = 1124 Calories
325.19 gms. Carbohydrate. Protein and Carbo. = 1585 Calories

386.55 gms. × 4.1 = 1585 Calories. Total .....2809 Calories

Therefore these meals yield 2809 calories at a cost of $ per day per person.

TUESDAY

Food Materials—	Wt. in oz.	Cost.	Gms. Protein.	Gms. Fat.	Gms. Carbo.
Oatmeal	.75	$	3.45	1.46	14.07
Cream for Cereal	1.5		1.00	7.44	1.80
Sugar for Cereal	.44		0.00	0.00	12.63
Cinnamon Rolls	6.5		9.95	12.28	102.31
Butter	.5		.14	11.98	0.00
Coffee	.25		0.00	0.00	0.00
Cream for Coffee			.39	3.83	.40
Macaroni Salad	7.17		15.79	7.98	58.35
Bread	3.00		7.64	.98	43.50
Butter	.5		.14	11.98	0.00
Tea	.25		0.00	0.00	0.00
Cup Cakes	2.00		3.34	5.10	38.84
Flank Steak	6.00		34.87	18.71	0.0
Dressing	3.25		9.10	3.38	32.05
Creamed Potatoes	2.37		3.71	8.78	15.37
Peaches	2.4		.47	.07	7.34
Sugar	.87		0.00	0.00	25.26
Shortcake	5.50		9.92	9.28	77.05
Bread	1.50		3.82	.49	21.75
Butter	.5		.14	11.98	0.00
Chili Sauce	1.00		2.83	.85	24.65
	46.25	$	106.10	116.57	475.95

106.10 gms. Protein
475.95 gms. Carbohydrate

116.57 gms. Fat × 9.3 = 1084 Calories
Protein and Carbo. = 2386 Calories

582 gms. × 4.1 = 2386 Calories

Total.....3470 Calories

Therefore these meals yield 3470 calories at a cost of $ per day per person.

WEDNESDAY

Food Materials—	Wt. in oz.	Cost.	Gms. Protein.	Gms. Fat.	Gms. Carbo.
Farina	.75	$	2.23	.42	16.16
Prunes	1.00		.49	0.00	17.06
Top of Milk	1.50		1.38	1.68	2.09
Sugar for Cereal	.44		0.00	0.00	12.63
Milk Toast	11.60		14.18	22.79	45.22
Coffee	.25		0.00	0.00	0.00
Cream for Coffee			.38	3.83	.40
Oatmeal Timbale	1.5		6.90	2.92	28.14
Meat Filling	1.00		3.37	2.69	0.00
Cream Sauce	3.00		2.64	8.72	6.52
Bread	2.25		5.73	.75	32.64
Butter	.25		.07	5.99	0.00
Jelly	3.60		0.00	0.00	75.78
Tea	.25		0.00	0.00	0.00
Baked Ham	5.00		16.81	37.87	20.54
Mashed Potatoes	4.66		2.52	2.57	18.23
Cabbage au Gratin	7.60		10.48	14.89	19.61
Bread Pudding	5.17		7.75	6.61	36.13
Chocolate	1.30		.99	3.80	28.77
Bread	1.5		3.82	.49	21.75
Butter	.25		.07	5.99	0.00
	52.87	$	79.8	122.01	381.6

79.8 gms. Protein
381.6 gms. Carbohydrate

461.4 gms. × 4.1 = 1890 Calories

122 gms. Fat × 9.3 = 1135 Calories
Protein and Carbo. = 1890 Calories

Total..... 3025 Calories

Therefore these meals yield 3025 calories at a cost of $ per day per person.

THURSDAY

Food Materials—	Wt. in oz.	Cost.	Gms. Protein.	Gms. Fat.	Gms. Carbo.
Cornflakes	.9	$	2.97	.27	23.76
Sugar for Cereal	.44		0.00	0.00	12.63
Cream for Cereal	1.50		1.00	7.44	0.00
Cheese Fondue	5.50		15.37	20.53	14.72
Toast	2.25		5.73	.74	32.63
Butter	.5		.14	11.98	0.00
Coffee	.25		0.00	0.00	0.00
Cream for Coffee			.38	3.83	0.00
Potato Timbale	3.33		5.28	10.75	9.12
Biscuits	5.5		9.92	9.28	77.05
Butter	.5		.14	11.98	0.00
Preserves	3.6		0.00	0.00	75.78
Tea	.25		0.00	0.00	0.00
Beef Stew	4.25		16.18	27.06	3.37
Dumplings	5.5		9.92	9.28	77.05
Potatoes	4.25		2.17	.12	17.71
Cabbage and Nut Salad	4.85		2.00	1.10	3.80
Bread	1.5		3.83	.49	21.75
Butter	.25		.07	5.99	0.00
Grape-nut Pudding	9.87		14.66	11.34	63.10
	54.99	$	89.76	132.18	432.47

89.76 gms. Protein
437.47 gms. Carbohydrate

132.18 gms. Fat × 9.3 = 1229 Calories
Protein and Carbo. = 2140 Calories

522.23 gms. × 4.1 = 2140 Calories

Total.....3369 Calories

Therefore these meals yield 3369 calories at a cost of $ per day per person.

FRIDAY

Food Materials—	*Wt. in oz.*	*Cost.*	*Gms. Protein.*	*Gms. Fat.*	*Gms. Carbo.*
Browned Hash.....	6.25	$	9.99	11.57	17.71
Catsup	1.00		2.83	.85	24.65
Toast	2.25		5.73	.74	32.63
Butter	.75		.21	17.97	0.00
Coffee	.25		0.00	0.00	0.00
Cream for Coffee.....			.38	3.83	.40
Scalloped Tomatoes....	3.00		2.49	6.45	13.08
Bread	1.5		3.82	.49	21.75
Butter	.25		.07	5.99	0.00
Tea	.25		0.00	0.00	0.00
Cottage Cheese.....	3.00		8.31	10.07	12.59
Sugar	.44		0.00	0.00	12.63
Cr. of Tomato Soup...	6.00		2.32	12.22	15.44
Finan-Haddie	5.5		24.55	1.53	0.00
Cream Sauce	3.00		2.64	8.72	6.52
Mashed Potatoes.....	4.66		2.52	2.57	18.23
Creamed Parsnips.....	4.66		3.06	8.76	9.20
Blackberry Sponge.....	4.75		7.03	9.63	92.61
Bread	1.5		3.82	.49	21.75
Butter	.5		.14	11.98	0.00
	49.51	$	79.91	113.86	299.19

79.91 gms. Protein
299.19 gms. Carbohydrate

113.86 gms. Fat × 9.3 = 1058.8 Calories
Protein and Carbo. = 1554. Calories

379.10 gms. × 4.1 = 1554 Calories

Total.....2613. Calories

Therefore these meals yield 2613 calories at a cost of $ per day per person.

SATURDAY

Food Materials—	Wt. in oz.	Cost.	Gms. Protein.	Gms. Fat.	Gms. Carbo.
Ralston Food	.75	$	3.07	.36	15.92
Cream for Cereal	1.5		1.00	7.44	1.80
Sugar for Cereal	.44		0.00	0.00	12.63
Fish Cakes	4.6		10.26	7.83	9.11
Toast	1.5		3.82	.49	21.75
Butter	.25		.07	5.99	0.00
Coffee	.25		0.00	0.00	0.00
Cream for Coffee			.38	3.83	.40
Cheese Crumpets	2.95		12.58	26.58	27.20
Crackers	.5		1.43	.08	11.79
Bread (Cinnamon Rolls)	1.5		3.82	.49	21.75
Butter	.25		.07	5.99	0.00
Tea	.25		0.00	0.00	0.00
Sugar	.44		0.00	0.00	12.63
Hamburg Cakes	4.00		21.55	14.51	0.00
Potatoes	4.33		2.19	2.17	17.71
Gravy	2.12		2.56	2.57	6.54
Stewed Corn	3.25		2.55	7.05	16.80
Bread	1.5		3.82	.49	21.75
Butter	.25		.07	5.99	0.00
Custard	6.87		15.06	15.34	25.22
	37.50	$	84.30	106.40	223.0

84.30 gms. Protein
223.00 gms. Carbohydrate

106.4 gms. Fat × 9.3 = 989.5 Calories
Protein and Carbo. = 1259.9 Calories

307.3 gms. × 4.1 = 1259.9 Calories

Total.....2249.5 Calories

Therefore these meals yield 2249 calories at a cost of $ per day per person.

SUNDAY

Food Materials—	*Wt. in oz.*	*Cost.*	*Gms. Protein.*	*Gms. Fat.*	*Gms. Carbo.*
Grape-fruit	3.25		3.44	1.93	44.07
Sugar	.87		0.00	0.00	25.26
Egg	2.00		6.75	5.27	0.00
Coffee Cake	6.50		9.95	12.28	102.31
Butter	.5		.14	11.98	0.00
Coffee	.25		0.00	0.00	0.00
Cream for Coffee			.38	3.83	.40
Pork Roast	4.00		15.19	27.44	0.00
Apple Sauce	5.12		.36	.36	38.27
Potatoes	4.25		2.17	.12	17.71
Glazed Sweet Potatoes	3.8		1.24	4.66	31.25
Porcupine Salad	4.2		2.92	3.30	13.72
Bread	1.5		3.82	.49	21.75
Butter	.25		.07	5.99	0.00
Blanc Mange	3.00		4.21	5.03	43.97
Nuts	.75		3.54	5.30	3.37
Chocolate Sauce	1.33		.99	3.80	28.77
Cream Cheese	3.00		8.31	10.07	12.59
Pimentoes	.50		0.00	0.00	0.00
Bread	1.5		3.82	.49	21.75
Butter	.25		.07	5.99	0.00
Drop Cakes	2.00		3.34	5.10	38.84
Cocoa	8.00		9.53	11.71	18.94
	56.82		80.25	125.14	462.97

80.25 gms. Protein
462.97 gms. Carbohydrate

543.22 gms. × 4.1 = 2227 Calories

125.14 gms. Fat × 9.3 = 1163.8 Calories
Protein and Carbo. = 2227 Calories

Total.....3390.8 Calories

Therefore these meals yield 3390.8 calories at a cost of per day per person.

SUMMARY OF OCTOBER MENUS

Day—	Wt. in oz.	Cost.	Gms. Protein.	Gms. Fat.	Gms. Carbo.
Monday	51.30	$	61.36	120.85	325.19
Tuesday	46.25		106.10	116.57	475.95
Wednesday	52.87		79.81	122.01	381.67
Thursday	54.99		89.76	132.18	432.47
Friday	49.51		79.91	113.86	299.19
Saturday	37.50		84.30	106.40	223.00
Sunday	56.82		80.25	125.14	462.97
Totals	349.24	$	581.49	837.01	2600.44
Average per day	49.89		83.07	119.57	371.42

83.07 gms. Protein × 4.1 = 340.6 Calories
371.42 gms. Carbo. × 4.1 = 1522.8 Calories

1863.4 Calories
119.57 gms. Fat × 9.3 = 1112 Calories
Protein and Carbo. = 1863 Calories

Total.....2975 Calories

The average October Menu, then, yields 2975 Food Units or Calories per person per day, which is a liberal diet for a man of average size.

Of the Average Total Food Value, 12% is in the form of Protein, 37% in Fat and 51% in Carbohydrate, or starches, sugars, gums, etc.

The Average Cost per Person per Day is $

Note that the October Menus are calculated for each day and that the method is different from that used in PART I. This method is the older and more commonly used method. It requires more figuring than the method used in PART I. The results by either method should be the same. For tables and further details of method used in PART I, devised by Dr. Fisher, see Bulletin of the School, "Food Values," price 10 cents. For tables of composition by weight, used in PART II, send 10 cents (coin) to U. S. Superintendent of Documents, Washington, D. C., for Bulletin No. 28, "Composition of American Food Materials."

In PART III will be found calculations of *separate meals* by the Fisher percentage by food value method.

Tables Showing Average Height, Weight, Skin Surface and Food Units Required Daily With Very Light Exercise

BOYS

Age	Height in Inches	Weight in Pounds	Surface in Square Feet	Calories or Food Units
5	41.57	41.09	7.9	816.2
6	43.75	45.17	8.3	855.9
7	45.74	49.07	8.8	912.4
8	47.76	53.92	9.4	981.1
9	49.69	59.23	9.9	1,043.7
10	51.58	65.30	10.5	1,117.5
11	53.33	70.18	11.0	1,178.2
12	55.11	76.92	11.6	1,254.8
13	57.21	84.85	12.4	1,352.6
14	59.88	94.91	13.4	1,471.3

GIRLS

Age	Height in Inches	Weight in Pounds	Surface in Square Feet	Calories or Food Units
5	41.29	39.66	7.7	784.5
6	43.35	43.28	8.1	831.9
7	45.52	47.46	8.5	881.7
8	47.58	52.04	9.2	957.1
9	49.37	57.07	9.7	1,018.5
10	51.34	62.35	10.2	1,081.0
11	53.42	68.84	10.7	1,148.5
12	55.88	78.31	11.8	1,276.8

MEN

Height in In.	Weight in Pounds	Surface in Square Ft.	Calories or Food Units			
			Proteids	Fats	Carbohydrates	Total
61	131	15.92	197	591	1,182	1,970
62	133	16.06	200	600	1,200	2,000
63	136	16.27	204	612	1,224	2,040
64	140	16.55	210	630	1,260	2,100
65	143	16.76	215	645	1,290	2,150
66	147	17.06	221	663	1,326	2,210
67	152	17.40	228	684	1,368	2,280
68	157	17.76	236	708	1,416	2,360
69	162	18.12	243	729	1,458	2,430
70	167	18.48	251	753	1,506	2,510
71	173	18.91	260	780	1,560	2,600
72	179	19.34	269	807	1,614	2,690
73	185	19.89	278	834	1,668	2,780
74	192	20.33	288	864	1,728	2,880
75	200	20.88	300	900	1,800	3.000

WOMEN

Height in In.	Weight in Pounds	Surface in Square Ft.	Calories or Food Units			
			Proteids	Fats	Carbohydrates	Total
59	119	14.82	179	537	1,074	1,790
60	122	15.03	183	549	1,098	1,830
61	124	15.29	186	558	1,116	1,860
62	127	15.50	191	573	1,146	1,910
63	131	15.92	197	591	1,182	1,970
64	134	16.13	201	603	1,206	2,010
65	139	16.48	209	627	1,254	2,090
66	143	16.76	215	645	1,290	2,150
67	147	17.06	221	663	1,326	2,210
68	151	17.34	227	681	1,362	2,270
69	155	17.64	232	696	1,392	2,320
70	159	17.92	239	717	1,434	2,390

NOTE—With active exercise an increase of about 20 per cent total food units may be needed.

The number of calories or food units needed by the body per day depends on the amount of exercise taken, the size of body, and to a less extent on age, sex, weather and personal peculiarities. For a man of average size and weight taking light exercise, this means about 2,800 calories or food units per day; for an average woman, 2,200 calories; for a child of 7 to 9 years, 1,400 calories. (See page 71 for Table of Food Requirements.)

To be in correct proportion from 10% to 15% of the total food units should be in the form of protein, 25% to 40% in form of fat and from 40% to 60% in the form of starch and sugar. This diet should contain sufficient vegetables, fruits and milk to supply the mineral salts, vitamins and bulk needed for health and growth.

Calories of Food Used Per Hour

Weight of Body (lbs.)...	*110*	*120*	*130*	*140*	*150*	*160*	*170*
Asleep in bed.....	47	52	56	61	65	68	70
Sitting quietly	73	80	87	94	100	105	110
Light exercise	125	136	148	159	170	178	187
Active exercise	140	152	165	177	190	200	209
Severe exercise	330	360	390	420	250	471	496

Example: A housekeeper of about 120 lbs., having 8 hrs. of sleep, 10 hrs. light housework, 6 hrs. reading, eating, etc., would need (8 x 52) plus (10 x 136) plus (6 x 80) equals 2,256 calories. If she did no housework, she would need 560 calories less which might go into fat. A boy of the same weight with 8 hrs. sleep, 8 hrs. active exercise, 6 hrs. playing tennis (severe exercise) and 2 hrs. quiet would need (8 x 52) plus (8 x 152) plus (6 x 360) plus (2 x 80) or 3,962 calories, and he would need about 300 more for growth!

ABBREVIATIONS

Except in Part I, the following abbreviations are used throughout *Lessons in Cooking.*

teaspoon ..... t
tablespoon ..... T
cup c
minute ..... m
hour ..... h
lesson L

NOVEMBER MENUS

A DARK OLD FASHIONED KITCHEN MADE CONVENIENT AND ATTRACTIVE AT SMALL EXPENSE.
Dark walls and floor painted cream and light tan; sink and table raised; rusty stove, oven, flour bins, waste

LESSONS IN COOKING

Part III

WASHING DISHES

Study to simplify the process of washing dishes as much as possible and to do it so well that it will be enjoyable. It is not the *dish washing* that is disagreeable, but the *way* it is done. All the conveniences that will lessen labor should be secured. While preparing a meal keep either a dishpan full of hot water standing in the sink, or, better still, stop the drain of the sink and fill with hot water. As the dishes are used drop into the water and at any convenient moment wash, dry and put away.

To stop up the sink use a flat rubber disk which is held tightly over the drain by suction. These cost 10 or 15 cents. In lieu of this a cloth or dish laid tightly over the drain will keep the water in for some time. Some of the more modern drains are supplied with a shut-off.

Requisites for Dishwashing

1. Dishpan, draining pan, dish towels, dish cloth, dish mop, a long-handled fiber brush, pot scraper, soap shaker, roll of tissue paper, sink strainer and sink scraper.
2. Plenty of hot water, soap and a sand cleaner.
3. A short piece of hose or rubber tubing attached to each faucet is a great convenience. The water can be turned in any direction desired and when running it does not splash or make much noise.

General Preliminaries

As the dishes are removed from the table quickly and carefully wipe all those that require it with tissue paper, instead of scraping. Instead of paper a crust of bread may be used. Pile all dishes of a kind together. Wipe the silver with paper and stand up in a tall pitcher with a broad base and filled with water. Put to soak everything that needs it, using cold water except for dishes which are greasy or have had sugar cooked in them. All greasy dishes should be thoroughly wiped out with paper.

Process I—With Running Water

1. Pile dishes neatly and carefully in the sink, keeping the glasses and silver at one end. Turn in the cold water and rinse thoroughly.
2. Stop the drain and turn on the hot water, holding the soap shaker containing scraps of soap, at the mouth of the hose, and directing the water all over the dishes, filling the sink.
3. Let stand for 15 or 20 m while doing other work.
4. Remove the stopper, let the soapy water drain off, and turn on the clean hot water, rinsing thoroughly. Dry glasses and silver.
5. Pile the dishes in the drainer and wipe those requiring it, but if the rinsing water is very hot, scarcely any drying is necessary.

Process II — Without Running Water, Dish-Washing Device

1. Use two dishpans, large frying basket, folding dish drainer and a long-handled fiber brush or a dish mop.
2. Fill both dishpans two-thirds full of very hot water, making a strong suds in the left-hand one.
3. Have the dishes piled at the left and the folding dish drainer at the right.
4. Put the wire basket into the soapy water, wash silver with the brush and drop into the basket.
5. When the silver is all in, lift the basket, let drain a second and lower into the rinsing water.
6. Drain an instant from rinsing water and wipe silver.
7. With plates, etc., wash each plate with the brush as it is put into the basket in the soapy water. When all plates of a size are in, lift out basket, tip to drain a second and lower into the rinsing water; drain and put plates into the folding dish drainer, each separate. If rinsing water is very hot and sufficient soap is used in the washing water, plates will dry perfectly, clean and bright.
8. When the water in the rinsing pan becomes somewhat dirty, add soap and use it for the washing pan, filling up the other pan anew with clean rinsing water.

The advantage of this method is that the hands are kept

out of the water entirely, that very hot water may be used, that nothing but the glasses and silver need be wiped, thus saving time and labor.

It takes less gas to heat water directly in the dishpans than in a kettle.

Note.—As the large size frying basket and the folding dish drainer are not easily obtained except in large department stores, the School has made arrangements to furnish, through its Purchasing Department, this apparatus, consisting of folding dish drainer, large wire basket, two fiber brushes, soap shaker and rubber dish scraper for $5.00, express paid.

Process III—Without Running Water

1. Pile dishes neatly and carefully on the table at the left of the dishpan. Arrange drain pan at the right.
2. Fill dishpan with hot water and use the soapshaker, making a good suds.
3. Wash glasses and silver first, rinse with hot water and dry.
4. Pour this hot rinse water into the dishpan and proceed with the rest of the dishes.
5. When through, wash the dishpan and the dish cloth thoroughly, using plenty of soap and water. Then wash the hands in cold water to remove the odor of the dishwater.

Description of Requisites

1. For dish towels a good absorbent should be selected. The best and cheapest are flour sacks and sugar sacks. The sugar sacks are the best, as they are very large. These can be obtained from grocers at almost no cost. Wash, then rip the stitching and hem. The coarse linen crash makes very good towels. They should be about 1 yard long and ½ yard wide.

The dish towels should be scalded and rinsed each day after breakfast, or at the most convenient time. Whenever possible they should be hung in the sunshine.

2. Dish cloths may be made from the dish towels as they get thin, cutting them into small pieces and hemming them. (Dish *rags* should never be seen in a home.)

Two dish cloths should always be on hand, one for the kettles and the pans, the other for the glass and china.

They should be washed and scalded with the dish towels and spread out carefully to dry on the finger rack after each meal.

3. A dish mop is very convenient to use for glasses, deep pitchers, etc., and to keep the hands out of very hot water. When through using wash with soap, scald, wring out and then *shake thoroughly,* separating the strands. Hang with the mop end up, allowing the strands to fall apart and so dry. The fiber brush is even better for such purposes. It should be cleaned each time it is used.

4. A pot scraper or chain dish cloth should be thoroughly rinsed and dried over the stove.

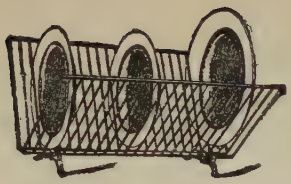
5. A soapshaker is most convenient to use up all the small bits of soap that are left. Do not use bits of sapolio. These may be ground up and kept in a can for scouring purposes.

6. A roll of tissue paper hanging in a convenient place on the kitchen wall is most useful. In lieu of this a large pocket may be placed on the back of a door or elsewhere in which scraps of tissue or soft paper may be kept ready for use.

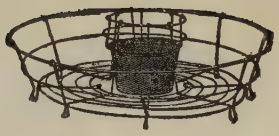
7. A sink strainer should be of good size, raised about an inch from the floor of the sink and enameled white. These are much more satisfactory than those that hang in the corner. The holes should be small enough to retain all the solid matter.

8. A sink scraper of rubber is much better than a metal one. It cleans the sink more thoroughly and does not scratch it.

Note.—If the above small appliances cannot be obtained locally, they will be sent from the School postpaid for the following prices in stamps: Long handled fiber brush 20c, dish mop 20c, soap shaker 20c, pot scraper and chain 20c, sink scraper 20c.



Folding Dish Drainer.

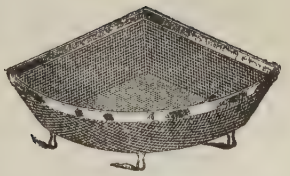


Circular Dish Drainer.

Wire Basket with Handle.

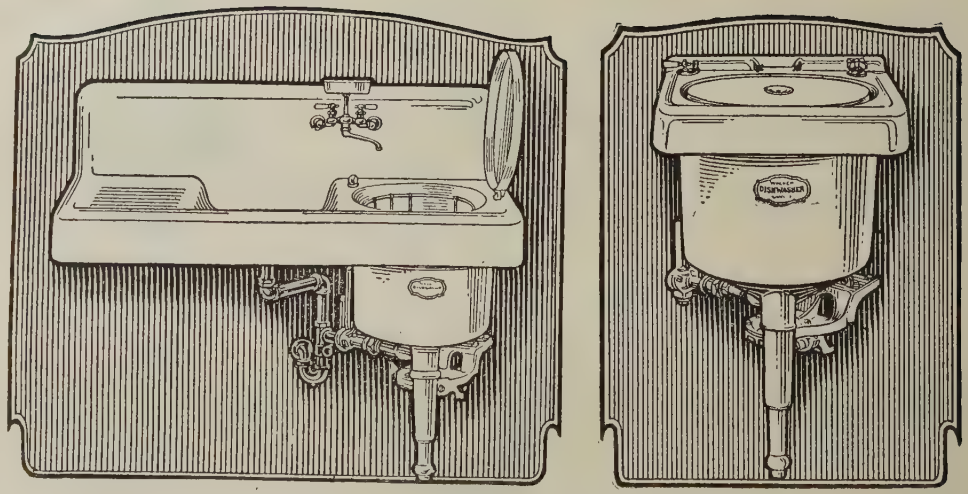
Pot Scraper and Chain.

Soap Shaker.



Sink Strainer.

DISH-WASHING APPARATUS.



NEW MODELS WALKER ELECTRIC DISHWASHER

These attractive machines are finished inside and out in porcelain enamel; both have connections for the hot water supply and drain. The dishwashing sink, No. 12, is about 63 inches in length; No. 10 is 24 x 24 inches and will fit in the space of a drain board. Portable machines, also made by the same manufacturers. Walker Dishwashing Corporation, Syracuse, New York.

Such machines are rather expensive but cost no more than a high grade electric laundry machine, which is used only *once a week*, while dishwashing is a *three-times a day* task.

NOVEMBER MENUS

BREAKFAST

Monday **Lesson 43**

ORANGES
BROILED BACON POTATOES BROWNED IN CREAM
BUTTERED TOAST COFFEE

Oranges

Cut the oranges in half, crosswise. Serve on a fruit plate with an orange spoon.

Potatoes Browned in Cream

Melt 2 T butter in a frying pan, add 2 T flour, mix well together and cook until the flour is well browned; then add 1 c milk gradually, stirring all the time until the mixture thickens and boils. Add 2 c boiled potatoes cut into dice, mix thoroughly, spread on pan and brown, without stirring, letting the surplus moisture evaporate. Turn one-half over the other like an omelet, place on a hot platter and serve.

For BROILED BACON see Lesson 22.

For BUTTERED TOAST see Lesson 1.

Preparing the Meal

Prepare the potatoes, make the toast and coffee and keep hot. Serve the oranges. While removing the fruit plates and serving the potatoes broil the bacon, which takes but a few minutes.

LUNCHEON OR SUPPER

Monday **Lesson 44**

CREAM OF POTATO SOUP CRACKERS
SOUR CREAM BISCUITS MAPLE SYRUP
GINGER SNAPS TEA

Cream of Potato Soup

Wash, pare and slice three medium sized potatoes. Cook with 3 stalks of celery cut into small pieces and 1 t chopped onion.

While they are cooking make a White Sauce (L. 2) of 1 T flour and 2 T butter, 2 cups milk and 1 t salt.

When the potatoes are done—in about 15 m—mash and add to the White Sauce, water and all. There should be at least 1 c. Strain through a puree sieve, reheat and serve.

If the soup seems too thick, add hot milk until the desired consistency is reached. One tablespoon chopped parsley may be added if desired.

Sour Cream Biscuits

Mix 2 c flour, ½ t soda, 2 t baking powder and ½ t salt and sift several times. With the tips of the fingers work into the flour 1 T butter or if desired ½ T each butter and lard.

Stir in lightly with a fork enough sour cream to make the dough just stiff enough to handle, probably about 1 c. The dough can be left very soft if the board is well floured. Pat the dough out quickly ½ inch thick and cut into small rounds. Bake in a quick oven 15-20 m.

If sour milk is used instead of sour cream use 2 T shortening in place of 1 T.

Ginger Snaps

Put ½ c butter and 1 c molasses on the fire; as soon as the butter is softened remove from the fire and add ½ c brown sugar and 1 t ginger. Sift 3 c flour with 1 t soda. Add to the molasses mixture. If not stiff enough to roll thin, add more flour.

Cut out with a cooky cutter. Bake in a moderate oven 10 to 15 m. Use other fats when butter is high priced.

Preparing the Meal

Allow about ½ h to prepare this meal. Start the soup and while cooking make the biscuits and tea.

The ginger snaps should be on hand.

DINNER

Monday **Lesson 45**

POT ROAST OF BEEF WITH PRUNES
PARISIAN POTATOES KIDNEY BEANS
STEAMED APRICOT PUDDING ORANGE SAUCE

Pot Roast of Beef with Prunes

An iron pot or very heavy kettle should be used for a pot roast.

Select for the pot roast the middle or face of the rump, the round or the shoulder. Wipe with a damp cloth.

Heat the kettle thoroughly and then add the meat. Sear well on all sides, then raise from the bottom on a trivet or

rack; add 1 c water with 1 c well-washed prunes. Cover tightly and cook slowly below the boiling point for three or four hours.

Fifteen minutes before serving remove the prunes and cover them with a thick syrup made of 2 c sugar, preferably brown, and 1 c vinegar, boiled down to ¾ c. Several cloves and a stick of cinnamon should be boiled in the syrup and then strained out as it is poured over the prunes. Serve meat on platter with syrup over it and prunes laid in a border.

When the meat is tender, if there is still any liquor remaining, remove the cover, allow it to evaporate and brown the meat.

Parisian Potatoes

With a French cutter or round vegetable spoon cut out of uncooked potatoes 1 pint of balls. Cook in boiling salted water about 10 m or until nearly tender; drain and toss into a frying pan in which there are 4 T melted butter and ½ t salt. Set the pan in the oven, or on top the stove, shaking it frequently until the potatoes are thoroughly cooked and well browned. Add a little fresh butter, a dash of salt if needed and 1 T chopped parsley. Toss the balls about to distribute the ingredients evenly and serve at once.

Kidney Beans

Pour the contents of a can of kidney beans into a saucepan, add ½ t salt, 2 t sugar and 1 T butter. Heat thoroughly and serve.

Steamed Apricot Pudding

Cream ⅓ c butter; add ⅓ c sugar and when well mixed with the butter add alternately ½ c milk and 2½ c flour mixed and sifted with ¼ t salt and 3 t baking powder. Add 1 c apricot pulp and cut and fold in the stiffly beaten whites of 3 eggs. Pour into a buttered baking powder can and steam 1½ h (or) ¾ h in small tight individual molds.

Other fruits, such as dates, figs, prunes, peaches, berries, pineapple, etc., can be used if desired.

Serve the pudding with orange sauce.

Orange Sauce

Beat the yolks of three eggs, add 1 c sugar and mix until light and creamy. Add the juice and grated rind

of ½ orange. Mix well and then add gradually ½ c hot water. Cook over hot water, stirring constantly, until the mixture thickens. Just before removing from the fire add 1 t of butter.

Preparing This Meal

Allow 4 h for the cooking of the meat and 2 h or less for the pudding, according to the manner of steaming. One-half hour before serving time prepare the potato balls. The potato left from the cutting of the balls should be cooked at the same time and reserved for future use.

While the potatoes are boiling make the pudding sauce and the syrup for the prunes. Then brown the potatoes and cook the kidney beans. The pudding should be left in the steamer until ready to serve.

BREAKFAST

Tuesday **Lesson 46**

OATMEAL AND RAISINS CREAM AND SUGAR
FRENCH TOAST CARAMEL SYRUP
COFFEE

Oatmeal

Follow directions given in Lesson 1, adding ½ c raisins, scalded and chopped, or else sprinkling chopped raisins over the top of the cereal as it is served.

Caramel Syrup

Boil 1 c sugar with ½ c water until it becomes golden brown in color. Great care must be taken after the syrup begins to turn color that it does not burn.

When the right color is reached add slowly and carefully ½ c boiling water. This must be done carefully because the very high temperature of the syrup will raise that of the water so rapidly that violent boiling ensues. If the syrup is too thick add more water, if too thin add a little more sugar and boil a few minutes. Just after removing from the fire add ½ t vanilla.

For FRENCH TOAST see Lesson 7.

Preparing the Meal

While the cereal is cooking make the Caramel Syrup, if not already on hand, then the French Toast and the Coffee

LUNCHEON OR SUPPER

Tuesday **Lesson 47**

DANISH SWEET SOUP CRACKERS
BEAN CROQUETTES BREAD AND BUTTER
TEA

Danish Sweet Soup

Heat 1 quart of liquid composed of water and fruit juice, such as grape juice, etc., in equal proportions or to suit one's convenience. When hot add slowly ¼ c "minute tapioca" or sago, stirring well; then 1 c well-washed and soaked prunes, 1 t cinnamon or a small piece of cinnamon bark, ¼ t ground cloves and ¼ c sugar.

Cook the mixture in a double boiler 1 h or more. If it becomes too thick add more liquid, either water or fruit juice. Serve as any other soup.

This is a favorite dish of the Danish people.

Bean Croquettes

Press kidney beans left from dinner the preceding evening, and enough more to make a pint of pulp, through a sieve. Add ½ t salt, dash pepper and 1 T butter. Mix well, add 2 lightly beaten eggs and sufficient bread crumbs to make the mixture thick enough to roll. Shape into balls or any form desired and fry in deep fat.

See the article on Frying, page 103.

Preparing the Meal

About 1 h before lunch start the Danish soup. Also prepare the croquettes for frying, if this was not done immediately after breakfast.

Allow 10 or 15 m for heating the fat and 10 m for cooking the croquettes. Fry just before serving the soup and keep hot until needed.

Before washing the dishes see that the fat is strained and put away for future use.

DINNER

Tuesday **Lesson 48**

PORK TENDERLOIN—GRAVY
MASHED POTATOES SCALLOPED PUMPKIN AND RICE
ORANGE SURPRISE

Pork Tenderloin

Have the butcher "French" the tenderloin, i. e., cut across the grain about 1 inch thick and then flatten with a stroke of the cleaver. Wipe each piece with a damp cloth to remove any bits of bone dust, etc.

Grease the frying pan and when very hot put in the pieces of tenderloin. Brown on one side, then the other. Lower the flame, add about ¼ c hot water, cover the pan closely and cook at least 15 m. Pork requires long cooking so that it be thoroughly done.

At the end of this time the liquid, a very thick brown sticky substance, should have simmered down to about 1 T. Add 2 T flour, more butter, if necessary, then the milk, water, stock or whatever combination of liquids is desired to be used for the gravy. Boil a few minutes, adding salt if necessary.

Scalloped Pumpkin and Rice

In a baking dish arrange a layer of mashed pumpkin, over this a layer of cooked rice, and then a layer of Cream Sauce. Proceed in this manner until 1 c of each ingredient has been used, sprinkling buttered crumbs over the top. Place in the oven until well heated through and browned on top.

To cook pumpkin, cut in two, scrape out the interior mass of seeds, pare and cut into small pieces. Now either cover with boiling water or else put in a steamer and cook until tender. Put through a vegetable press, season with salt, pepper and butter. Canned pumpkin may be used.

Orange Surprise

Heat ½ c orange juice and ¼ c sugar over hot water; beat the yolks of 2 eggs, add ¼ c sugar, stir into the hot mixture and cook until the spoon is coated with the custard; add 1 T of gelatine, softened in ¼ c cold water and strain the entire mixture into 1½ c cream. Stir over ice water until the gelatine begins to stiffen, then pour into the

empty shells of orange skins. Care must be taken in extracting the juice from the oranges not to break the skins so that the pulp may be scraped out and the cavities filled. It may be put into a large or individual molds instead of orange cups.

After the jelly has become stiff cover the tops of the oranges with the egg whites beaten stiffly with ½ c sugar. Serve very cold.

Preparing the Meal

Prepare and bake the scalloped pumpkin and rice, then cook the meat. Prepare the mashed potatoes, using those left from the preceding day. Make the gravy. Serve the dinner, the dessert being already made.

BREAKFAST

Wednesday **Lesson 49**

STEWED APRICOTS

OATMEAL FRITTERS BUTTERED TOAST

COFFEE

Stewed Apricots

Wash ½ pound dried apricots well, then cover with hot water and soak over night, or if more convenient, several hours during the day, so that they may be cooked the same day. Cook very slowly in the same water in which they were soaked, until tender throughout, and yet have retained their shape. If necessary, add sugar.

Oatmeal Fritters

Put leftover oatmeal into a small mold and stand away to harden. When ready to use turn it out, cut in slices ½ inch thick and then into strips 1 inch wide; dip in egg, roll in bread crumbs and fry. Drain on brown paper, dust with powdered sugar and serve.

For BUTTERED TOAST see Lesson 1.

Preparing the Meal

Egg and crumb the croquettes. While the fat is heating make the coffee and toast. Fry the croquettes and serve the breakfast.

LUNCHEON OR SUPPER

Wednesday **Lesson 50**

SALMON TIMBALES—CREAM SAUCE
BREAD AND BUTTER COCOA

Salmon Timbales

Remove all the skin and bones from a small can of salmon and chop fine. Add the yolks of three eggs and mix well. Then add 1 c bread crumbs, ½ t salt, dash pepper and 2 T melted butter. Mix all the ingredients well and add the stiffly beaten whites of the eggs. Fold in carefully and thoroughly and then put the mixture in greased timbale molds and steam ½ h or place the molds in a pan of hot water and bake in the oven. Cook slowly until the timbales are set. Serve with White Sauce, using the liquor from the salmon in place of part of the milk.

For Cocoa see Lesson 2.

Preparing the Meal

About ¾ h before lunch prepare and bake the Salmon Timbales. While cooking make the White Sauce and Cocoa.

Serve the Timbales either turned out on the platter or individually, with the Sauce poured around each.

DINNER

Wednesday **Lesson 51**

ROAST LAMB—MINT SAUCE
POTATOES A LA MAITRE HOTEL CARROTS
INDIAN PUDDING—HARD SAUCE

Roast Lamb

Remove the pink skin and superfluous fat from a leg of lamb; cut the leg bone short, set in a hot oven for 15 m, then reduce the heat, dredge with salt, pepper and about 3 T flour, and baste with bacon or salt pork drippings and hot water. Cook about 1½ h, longer if liked well done. Serve with Mint Sauce.

Mint Sauce

Chop the leaves from 1 bunch of mint very fine; pour over them ¼ c boiling water, add 2 T sugar, cover closely

and let stand in a cool place ½ h; then add the juice of 1 lemon, or 4 T vinegar, a dash of cayenne pepper, ¼ t salt.

Potatoes a la Maitre Hotel

Boil 1 pint of potatoes cut into ½ inch cubes, in boiling salted water about 10 m; drain and add 1 c milk; cook in double boiler. Cream 2 T butter, add the yolk of 1 egg, beat in well, adding 1 T lemon juice, 1 T chopped parsley; ½ t salt and a dash of paprika; when the milk is partly absorbed, stir the above mixture into it quickly, mixing well. Cook 2 m and serve.

Carrots

Wash and scrape 4 medium-sized carrots, cut into thin slices, add enough boiling salted water to cover and cook until tender. Drain, add 3 T butter, dash paprika; heat thoroughly and serve.

Indian Pudding

Into 2 c hot milk stir ½ c cornmeal; then add ½ c suet, chopped fine, ½ c molasses, ½ c seeded raisins, 1 egg, ½ t salt, ¼ t each of ginger and cinnamon. Turn into a buttered baking dish and pour 1 c cold milk and ½ cup cold water over the top. Bake very slowly for 3 h. Serve either plain or with cream and sugar or hard sauce.

Hard Sauce

Cream ½ c butter, then add very gradually 1½ c powdered sugar or 1 c granulated. Beat well until the mixture is light and creamy. Now add the flavoring, 1 t vanilla or a grating of nutmeg or anything else desired.

This may be shaped in various fancy forms and arranged on the pudding.

Preparing the Meal

About 3 h before dinner time make the Indian Pudding; an hour later prepare the Roast, then make the Mint Sauce.

Twenty minutes before the roast is done cook the carrots and the potato cubes, which may be cut in the morning and kept in cold water. Make the Hard Sauce, then the dressing for the potatoes.

Drain potatoes, add the milk and while that is being absorbed drain the carrots, add butter and reheat. Now finish the potatoes, heat thoroughly and serve the dinner.

BREAKFAST

Thursday **Lesson 52**

PETTIJOHN—CREAM AND SUGAR
POACHED EGGS ON TOAST COFFEE

Pettijohn

Follow directions for cooking oatmeal given in Lesson 1, using Pettijohn in the proportion of ¾ c to 1½ c hot water.

Poached Eggs

See Lesson 16.

Preparing the Meal

Cook the cereal. Make the toast and coffee and keep hot.

If an egg poacher is convenient, place the eggs in it just after the cereal is served, turn out the gas from underneath it and the eggs will be done when the cereal is finished. If there is no poacher then be sure to have plenty of boiling water and poach the eggs after the cereal is served. Serve at once.

LUNCHEON OR SUPPER

Thursday **Lesson 53**

IRISH STEW
BREAD AND BUTTER SPICED PEACHES
TEA

Irish Stew

Cut remnants of the roast left from the preceding evening into pieces about 1 inch square. Put them into a saucepan with 1 T butter and 2 T flour and brown well; then add enough water to completely cover them, about 2 c, 2 onions cut into small pieces, 3 potatoes, raw, cut into ½ inch cubes, 2 carrots sliced thinly and salt and pepper to taste. Cover and cook until the potatoes are tender. Add more water from time to time as necessary. When done the gravy should be quite thick.

Preparing the Meal

About ½ h before lunch time prepare and cook the stew. Make the tea and serve the lunch. Make the bouillon for the next evening.

DINNER

Thursday **Lesson 54**

MOCK PIGEON—DRESSING
ESPAGNOLE SAUCE
BAKED SWEET POTATOES COMBINATION SALAD
WASHINGTON PIE

Mock Pigeon

Cut veal steak into strips 6 inches long and 3 inches wide. Cover with Dressing, L. 27, roll up and skewer into shape or tie with a string.

Put in roasting pan, dredge pigeons with flour and sprinkle with dots of butter. Cover bottom of pan with hot water. Bake in moderate oven 45 m, or until meat is tender.

Espagnole Sauce

Into a saucepan place ¼ c butter. When melted add 1 T each of finely chopped onion and carrot, small piece of bayleaf, sprig of thyme and sprig of parsley. Cook, stirring constantly, until all the ingredients are well browned, then add 4 T flour and brown; add 2 c brown stock, salt and pepper to taste. If the stock is not available use hot water. Boil the sauce 5 m or longer, strain and serve.

Combination Salad

Mix together ½ c cooked peas, ½ c cooked kidney beans, ½ c string beans, ¼ c celery, cut in small pieces, ¼ c nut meats and 2 hard-cooked eggs. Cover with Salad Dressing, L. 15, and serve on lettuce leaf.

Washington Pie

Beat the yolks of 4 eggs until light, add 1½ c sugar and beat until creamy. Add gradually ½ c boiling water. When well blended add 2 c flour, sifted twice with 2 t baking powder and cut and fold in the stiffly beaten whites of the eggs.

Bake in two layers about 20 m in a moderate oven, or until a straw inserted into the center of the cake can be withdrawn clean. The cake when done shrinks away from the sides of the pan. See Cake Baking, Helpful Suggestions—page 105. Put the layers together with a cream filling and serve cold. Whipped cream may be spread on

the top or the cream filling may be used, or it may be sprinkled with powdered sugar.

Cream Filling

Put 1 c milk in double boiler to heat, adding to it ½ c sugar. Beat 2½ T flour with a little cold milk until smooth and about as thick as cream and add to the hot milk. Cook directly over the flame for a minute or so, letting it boil so as to thoroughly cook the flour.

Beat 1 egg slightly so as to mix the white and yolk well, then gradually and slowly pour onto it the hot milk mixture, stirring all the time. Return to the double boiler, cook 2 m, remove from the fire and add 1 t butter. Beat well for a few minutes, then set aside to cool. When cold add 1 t vanilla. When ready to serve spread on the cake between the layers.

For BAKED POTATOES see Lesson 6.

Preparing the Meal

Prepare the Washington Pie and put into the oven to bake with the Mock Pigeons and Potatoes about ¾ h before dinner. Make the Salad.

As soon as the Washington Pie is done remove from the oven, let cool, then put together with the Cream Filling which should have been made in the morning. In the meantime make the Espagnole Sauce and serve the dinner.

NOTE.—There will probably be some good meat juices left in the pan. Pour a little hot water into this, stirring it well all around the pan and scraping up every bit that has adhered to the bottom of the pan. Then pour this into a jar and save to be used later in gravies, soups, etc.

BREAKFAST

Friday **Lesson 55**

BAKED BANANAS

HAMBURG CAKES BUTTERED TOAST

COFFEE

Baked Bananas

Select rather underripe bananas; put them in a hot oven without removing the skins and bake until the skins burst. Serve at once in a folded napkin with butter.

For HAMBURG CAKES see Lesson 39.

For BUTTERED TOAST see Lesson 1.

Preparing the Meal

Bake the bananas, allowing 30 m. If desired the Hamburg Cakes can be mixed and shaped after dinner the preceding evening and placed on a plate in a cool place until needed.

Pan broil the cakes, make the toast and coffee. Serve the breakfast.

LUNCHEON OR SUPPER

Friday **Lesson 56**

TOMATO AND CHEESE PUDDING
HOT BISCUITS APRICOT PRESERVES
TEA

Tomato and Cheese Pudding

Mix 1 pint of canned tomatoes, 1 c bread crumbs, ⅓ c grated or finely cut cheese, ½ t salt and pepper to taste, and pour into a buttered baking dish. Mix ⅓ c bread crumbs with 1 T melted butter and 2 T grated cheese; spread over the top of the pudding and bake about 20 m.

For Biscuits see Lesson 10 for baking powder or Lesson 44 for sour cream biscuits.

Preparing the Meal

About ½ h before lunch time make the tomato and cheese pudding, and place in the oven in a pan of water. Make the biscuits and place in the oven. When done serve the lunch.

DINNER

Friday **Lesson 57**

BOUILLON
BAKED WHITE FISH—STUFFING
MASHED POTATOES KOHL RABBI SAUCE HOLLANDAISE
BAKED RICE PUDDING

Bouillon

Wipe and cut into small pieces 4 pounds of meat from the neck, middle round, etc.; break 2 pounds of bone into small pieces; add 2 quarts of cold water and heat slowly; when hot add 1 T salt, 4 peppercorns, 4 cloves and 1 T mixed herbs. Simmer 5 h. Boil down to 3 pints. Strain, cool, remove the fat, season with salt and pepper, if neces-

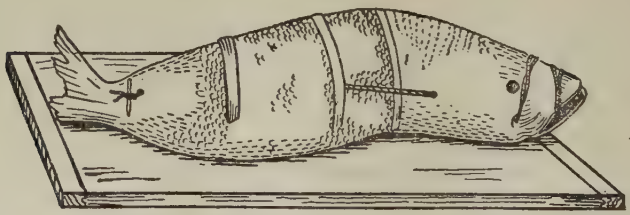
sary, reheat and serve. One onion, half a carrot and half a turnip may be cooked with the bouillon if desired.

Baked White Fish

Test for Fresh Fish.—Fresh fish should have no odor, the flesh should be firm and should spring back from the touch, be bright and crisp looking; the eyes should be bright, not dull and lusterless, and the gills a bright red color.

Care of Fish.—Fish, as purchased from the market, nas been drawn and cleaned, but will need additional attention. Begin at the tail and scrape the fish to remove the scales. See that the swim bladder has been removed and the inside thoroughly scraped and cleansed. Wash well, inside and out, drain and dry. Do not let the fish stand in water.

If the fish is to be served whole leave head and tail intact, but remove the eyes and fins.



Fish Stuffed and Trussed for Baking.

Lay the fish on the back, fill with the stuffing and fasten with skewers. Turn the fish over, skewer into the shape of a letter S and tie with a cord. Wrap tail in manila paper to keep from burning. Place on fish rack or strips of cloth in dripping pan. Place the pan in a moderately hot oven and bake about 30 m, or until the flesh is tender. Lift the rack or cloth from the pan and carefully slide the fish onto a platter. Remove skewers, string and paper, garnish the head with parsley or cress and serve with lemons cut in quarters.

Stuffing

Mix 1 c cracker crumbs, ¼ t salt, ⅛ t pepper, few drops onion juice, 1 t each chopped parsley, capers and pickles, and moisten with ¼ c melted butter

Kohl-Rabi

Kohl-rabi is a cross between a cabbage and a turnip. It stores its nourishment just above the ground in a turnip-like swelling of the stem from which the leaves spring.

To cook remove the leaves and cut a thick paring from the outside, removing all the woody portion. Cut the flesh into slices ½ inch thick. Throw them into boiling salted water, boil rapidly for 30 m, uncovered. Drain and serve with a cream sauce, or Sauce Hollandaise.

Sauce Hollandaise

Put a bit of bay leaf and 1 T chopped onion into 2 T vinegar, bring to the boiling point, then cool. Melt 2 T butter, add 1 T flour, and when well blended add gradually 1 cup boiling water. Stir until boiling, then add the strained vinegar. Take from the fire and stir in gradually the yolks of 2 eggs. Heat very gently just a moment, add ½ t salt and a dash of pepper, pour over the kohl-rabi and serve at once.

Baked Rice Pudding

Blanch 6 T rice according to directions given in Lesson 24. Add 4 c milk and cook in a double-boiler for ¾ h. Add ¼ c sugar and ½ c raisins, scalded and seeded, pour into a baking dish and bake 1 h or longer in a moderate oven. As soon as the first crust forms, which will be in about 15 m, stir it down, at the same time stirring the rice. Do this again in about 20 m or so, then allow the last crust to form and brown.

Serve plain, with sugar and cream, or with hard sauce.

Preparing the Meal

About 2 h before lunch, blanch the rice and cook in the double-boiler. While rice is cooking get the fish ready for baking. Then start the potatoes and kohl-rabi cooking. Bake fish on top shelf of oven while rice is cooking on lower. Wash the dishes used so far, wiping any knives and forks used for the fish with lemon juice to remove the odor of the fish.

Reheat the bouillon made the preceding day, then make the Sauce Hollandaise for the kohl-rabi, quarter a lemon and wash a little parsley for garnish. When the potatoes are tender, drain and mash. Drain the kohl-rabi and cover

with the sauce. Remove the fish from the oven to a hot platter garnished with parsley and lemon quarters.

Serve the dinner at once, leaving the rice in the oven, with no gas burning, however, until time for dessert.

BREAKFAST

Saturday **Lesson 58**

FARINA
FISH CAKES BREAKFAST MUFFINS
COFFEE

Breakfast Muffins

Sift together 2 c flour, 1 t salt, 4 t baking-powder, and 2 T sugar. Beat 1 egg until light, add ¼ c milk, and stir at once into the dry mixture. Add 1 T melted butter and ¼ c broiled bacon cut into small pieces. Mix well and pour into hot greased muffin rings. Bake about 25 m in a hot oven.

For FARINA see Lesson 19.

For FISH CAKES see Lesson 37.

Preparing the Meal

Start cereal to cooking. Make the muffins. While baking make the fish cakes from the mashed potatoes and baked fish left from the preceding evening. Or if desired the cakes may be made the evening before and set away in a cool place until morning. While browning make the coffee.

Serve the cereal, then the fish cakes, muffins and coffee.

Saturday Morning Baking

The following dishes for the Saturday and Sunday meals should be prepared in the order given:

Brown Bread

See Lesson 17.

Fruit Pudding

Sift together 1 c whole wheat flour, ½ c white flour, ½ t salt, ½ t soda, 1 t each cinnamon, mace, and cloves. Beat 1 egg and add to it ½ c molasses, ½ c sweet milk, and ¼ c melted butter. Add the dry ingredients to the molasses mixture, and then add ¾ c chopped fruit, currants, raisins, figs, dates, citron, etc.

Pour into a greased mold and steam 2½ h. Serve with hard sauce made according to directions given in Lesson 51.

Nut Brownies

Cream ⅓ c butter and ⅓ c pulverized sugar until very light and creamy. Add ⅓ c molasses and mix well. Then add 1 well beaten egg. When this is well blended with the other ingredients add ⅞ c bread flour and ½ to 1 c chopped nuts.

Drop from a spoon onto greased tins and bake 15 m in a moderately hot oven.

Cranberry Jelly

Cook 4 c cranberries with 1 c water until they are tender. Press through a strainer.

To the juice and pulp thus obtained add 2 c sugar and cook until the mixture is ready to jelly. With this amount of fruit this stage will be reached in a few minutes. It may be determined by trying a little from time to time on a saucer. Remove from the fire, pour into hot jelly glasses and set aside to be used when desired.

Method of Work

Immediately after breakfast mix the Brown Bread and start to steaming. Next make the Fruit Pudding and steam with the Bread. Make the Nut Brownies, and while they are baking make the Cranberry Jelly.

LUNCH OR SUPPER

Saturday **Lesson 59**

SWEET POTATO AND ALMOND CROQUETTES
BROWN BREAD CREAM CHEESE
TEA

Sweet Potato and Almond Croquettes

To 2 c mashed sweet potato add 1 t salt, 2 T butter, 1 beaten egg, 3 T blanched almonds, chopped and pounded in a mortar, and enough hot milk or cream to make of the consistency to handle. It will probably be soft enough without the milk.

Form into any shape desired, dip into egg, then crumbs, and fry in deep fat.

For BOSTON BROWN BREAD see Lesson 17.

Preparing the Meal

From the sweet potatoes left over from Thursday evening make the croquettes and set aside to fry when ready for them.

Fifteen minutes before lunch time heat the fat. Make the tea and 5 m before serving fry the croquettes. Serve in a hot covered dish.

The Cream or Neufchatel Cheese should be removed from the wrappings, placed on a small plate and served with a cheese scoop or small knife.

DINNER

Saturday **Lesson 60**

RAGOUT OF BEEF WITH RICE BORDER
SPINACH BALLS
CHOCOLATE BREAD PUDDING—VANILLA SAUCE

Ragout of Beef

Cut 2 pounds of the upper round of beef into inch squares. Sprinkle with salt and pepper and roll them in flour. Put into a saucepan 2 T butter, drippings, or suet to cover the bottom of the pan; when grease is hot add the meat and cook until well browned on all sides. Draw the meat to one side of the pan, add 1 T flour, and brown, taking care that it does not scorch. Add 1 c stock or water, stir until it comes to the boiling point; then add 1 t salt, ½ t pepper, ½ t kitchen bouquet, 1 carrot cut into dice, and 1 T chopped onion. Cover the pan and cook slowly below the boiling point for 1 h.

On a hot platter make a border of boiled rice. In the center pour the ragout and serve at once.

Spinach Balls

Melt 2 T butter, add 2 T flour and ½ t sugar. When blended add 1 T cream and ¾ c cooked spinach, chopped fine. Beat well, remove from the fire, add 2 eggs, one at a time. Season with salt and pepper to taste and about ¼ t ground mace. Fill a tablespoon with the mixture, making it level with the edge of the spoon, slip it off into a pan of boiling water, and poach 4 or 5 m, or until firm. Six or more balls may be cooked at the same time. Drain in a collander while making the cream sauce in which they are to be served. Canned spinach may be used when the fresh is not in the market.

Vanilla Sauce

Mix together ½ c sugar, 1 T cornstarch, and ¼ t salt. Add gradually, stirring constantly, 1 c boiling water, and boil the mixture 5 m or longer. Remove from the fire, add 2 T butter, ¼ t salt, and 1 t vanilla.

For CHOCOLATE BREAD PUDDING see Lesson 30.

Preparing the Meal

About 1¼ hours before dinner time prepare and cook the ragout. Then blanch ½ c rice according to directions given in Lesson 24, and cook in double-boiler, with 2 c water, ¾ h or until tender. Make the bread pudding and bake. Prepare the spinach balls for cooking. Make the sauce for the pudding, then the cream sauce for the spinach balls. Cook the balls in hot water.

Arrange the rice in a border on a hot platter, fill the center with the ragout, and serve the dinner.

BREAKFAST

Sunday **Lesson 61**

GRAPEFRUIT
CORNFLAKES—CREAM AND SUGAR
SOFT-COOKED EGGS BUTTERED TOAST
COFFEE

Soft Cooked Eggs

Cover the eggs with cold water, put on the fire and heat slowly to the boiling point. Remove from the water and serve at once.

For GRAPEFRUIT see Lesson 40.

For BUTTERED TOAST see Lesson 1.

Preparing the Meal

Make the coffee, then the toast, and crisp the cornflakes in the oven. Place the grapefruit, prepared the evening before, on fruit plates and set on the table.

When the fruit has been eaten serve the cereal.

Just before sitting down to breakfast cover the eggs completely with cold water and place over a slow fire. By the time the cereal is finished the eggs will be nicely cooked. Serve in a hot dish, covered with a napkin, with the coffee and toast.

DINNER

Sunday **Lesson 62**

STEWED CHICKEN—DUMPLINGS
MASHED POTATOES CREAMED TURNIPS
CRANBERRY JELLY
FRUIT PUDDING—HARD SAUCE

Stewed Chicken

Singe the chicken by passing it quickly several times over a direct flame. Remove the pin feathers and tendons, and oil sac from the tail, then separate the fowl into pieces at the joints. Beginning with the legs, cut through the loose skin between the legs and the body, bend the leg and cut off at the joint; by moving the legs a little the joint between the "second joint" and the drumstick may be ascertained; cut through the flesh at this point, then sever the ligaments. Cut through the skin and flesh on the under side where the wing joins the body, and disjoint the wing. Make an incision between the end of the breast-bone and the tail, then remove the internal organs. Cut through the ribs and the articulation at the top of the collar bone, thus separating the breast and back; divide the back by cutting through the middle crosswise and breaking at the joint. Often the wish-bone and the flesh attached to it are cut off and the rest of the breast chopped in two parts at the bone; these, however, while convenient for serving, are not natural divisions. Be very careful to remove the lungs and the kidneys, which are the dark brown substance lying in the hollows under the backbone. Wash thoroughly in soda water, rubbing the skin well with a cloth.

Place the pieces of chicken in a saucepan, cover with 1 quart of boiling water, add an onion with a clove pressed into it, a bit of bayleaf, and ½ t salt. Boil 10 m, skim off the coagulated juices which rise to the top, lest they settle upon the chicken and cause it to look unsightly, then lower the flame and let cook below the boiling point until the chicken is tender. Add the dumplings, made according to directions given in Lesson 33. When done, remove at once to a hot platter, add ¼ c flour mixed with ¼ c water to the broth, and cook until thick, stirring all the time. Place chicken in the center of the platter with the dumplings forming a border. Pour the gravy over all.

Creamed Turnips

Wash and pare the turnips and put on to cook, after being cut in small pieces, in boiling salted water. Cook about 20 m, or until tender. Drain, and cover with 1 c medium White Sauce. (See "Helpful Suggestions," Part I.)

For MASHED POTATOES see Lesson 3.

For FRUIT PUDDING see Lesson 58.

Preparing the Meal

The chicken may be prepared for cooking on Saturday, then placed in a covered dish in a cool place until ready to cook on Sunday. If one possesses a "fireless cooker," after boiling the chicken for 10 m it may be placed in a "cooker" and left for 3 h or more, depending upon the age and toughness of the fowl.

If a "fireless cooker" is not available, then put the chicken on to cook about 2 h before dinner time, or if very tough more time should be allowed.

About 40 m before serving, wash and pare the potatoes and turnips and put on to cook. Twenty minutes or so later make the dumplings and drop into the broth. The pudding, which has been cooked the day before, may be reheated by steaming over the chicken while it is cooking. Make the cream sauce for the turnips, mash the potatoes, cream the turnips, thicken the broth, and serve the dinner.

SUPPER

Sunday **Lesson 63**

OYSTER STEW—CRACKERS
NUT BROWNIES CANNED FRUIT
COCOA

Oyster Stew

Examine each oyster, remove any bits of shell, but retain all the oyster crabs, which are considered a delicacy.

In a double-boiler heat 2 c milk. Drain the liquor from the oysters, heat to the boiling point, and strain through a cheesecloth. Add to the hot milk, thicken with 2 T butter, 2 T flour, creamed together, and season with ½ t salt and a dash of pepper. When creamy add the oysters, cook until

plump and the gills begin to curl. Pour into a hot tureen and serve at once with crackers.

For Nut Brownies see Lesson 58.

For Cocoa see Lesson 2.

Preparing the Meal

Twenty minutes before supper time prepare the oyster stew. Sufficient milk for the cocoa as well as for the soup may be heated at the same time. Cook the cocoa mixture and add the desired amount of hot milk to it and let stand until the stew is done. Serve the supper.

THANKSGIVING DINNER

Lesson 64

CLEAR TOMATO SOUP—CRACKER CRISPS
ROAST TURKEY
POTATO STUFFING CANDIED SWEET POTATOES
CRANBERRY JELLY IN ORANGE CUPS
ORANGE AND CHERRY SALAD
STEAMED FIG PUDDING—FOAMY SAUCE
COFFEE
FRUIT NUTS AND RAISINS

Color Scheme: Red and Yellow

Table Decoration

A centerpiece may be made of half a pumpkin hollowed out to form a basket and filled with fruit, having red apples showing at the top and Tokay grapes hanging over the sides in a careless yet artistic manner. If desired, red and yellow ribbon and crepe paper can be used effectively.

Clear Tomato Soup

Cook 1 can of tomatoes with 1 pint water, 1 slice onion, 12 peppercorns, a bit of bay leaf, 4 cloves, 2 t sugar, 1 t salt, for 20 m. Strain and add ⅛ t soda. Bind with 2 T butter and 3 T flour. Reheat and serve.

Cracker Crisps

Split the thick milk crackers, butter the inside and toast.

Potato Stuffing

Mix 2 c hot mashed potato, 2 c stale bread crumbs, 2 t salt, 1 t thyme, 3 T finely chopped onion, and ⅓ c melted butter. Use with roast fowl.

Candied Sweet Potatoes, p. 59. Cranberry Jelly, p. 93.

Orange and Cherry Salad

Remove the white membrane from the pulp of 2 oranges and cut each section into half, crosswise. Mix 1 c pineapple, cut into cubes, with ½ c candied cherries, halved, by tossing together with two forks. Add the oranges and cover the salad with *Lemon Cream Sauce.*

Lemon Cream Sauce

To ½ c cream, whipped, add 4 T sugar and 3 T lemon juice. Pour over the salad.

Steamed Fig Pudding

To 2½ c flour, sifted with 1 t soda, 1 t each ginger, cinnamon and nutmeg, add 1 c molasses, 1 c sweet milk, 1 c chopped suet, 1 c chopped figs and 1 c stoned raisins.

Steam in moulds the size of pound baking-powder tins, 2 hours.

Foamy Sauce

Beat the whites of 2 eggs until foamy, add 1 c sugar, beat well, then add 1 c scalded milk and the juice of 1 lemon. Water may be substituted for milk. To make it yellow use the whole egg.

Preparing the Meal

Prepare and stuff the turkey the day before. If it is a large turkey, weighing over 10 pounds, it would be best to bake it for an hour the night before, leaving it in the oven as it cools off. Then start the baking again about 8 o'clock in the morning, keeping the temperature very low and basting from time to time. While baking it should be laid first on one side, then the other, and as soon as browned turned on the breast and left there until a few minutes before taking from the oven, when it should be turned on the back, allowing the breast to brown.

The turkey should be dressed the day before, full directions for which will be found in "Helpful Suggestions," page 101.

The cranberry jelly can be made if desired the day before, reheated in the morning, and poured into the orange cups. In the morning the orange cups may be prepared by cutting well shaped oranges into halves, crosswise. Remove the

pulp carefully so that it can be used for salad. If desired, scallop the edges and fill with the cranberry jelly, putting in a cool place to set.

An hour before dinner time wash and scrub the sweet potatoes. Put on to cook in boiling water. The pudding, which should have been made beforehand, may be reheated in a steamer set over the potatoes. Prepare the fruit for the salad and set in a cool place. Then make the Lemon Cream Sauce. When the potatoes are tender remove from the boiling water and prepare for the oven. Make the soup and the cracker crisps. The table should have been prepared before the dinner was started. The last thing before serving the dinner make the sauce for the pudding.

While serving the soup and cracker crisps, keep the rest of the meal hot. Just before serving the dessert, beat the sauce thoroughly.

HELPFUL SUGGESTIONS

Dressing and Trussing a Fowl

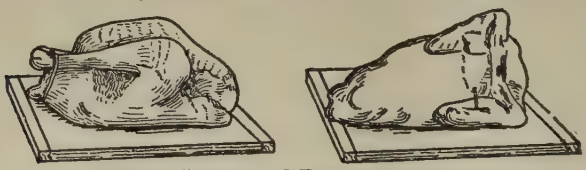
A good chicken or turkey should be plump, the cartilage at the end of the breast-bone soft and pliable, and the legs smooth. If very young there will be many pin feathers. These and all the feathers should be carefully removed. Then scorch well by holding over a direct flame, burning paper or otherwise.

Then proceed as follows:

1. With a sharp knife cut through the thick skin on the leg 1 inch below the knee. Break the bone at this point. Insert a stiff skewer under each one of the tendons found on the back and front of leg and pull carefully, removing as many as possible. A few may break. Then remove the leg, leaving an inch of bone below the joint. When baked this will come off easily, leaving a fresh, unburned end.
2. Split the skin down the back of the neck and cut the neck out even with the shoulders, leaving the skin loose.
3. Remove the crop, windpipe, etc., from the neck. This can be done, especially if the crop is full; otherwise, remove with the rest of the entrails, loosening thoroughly by breaking all the connecting membranes with the finger. Be careful not to break the skin over the breast.
4. Remove the oil sac from the tail.
5. Insert sharp pointed knife and cut vent loose from the skin.
6. Make an incision under the left leg. Insert the fingers and break through the membrane. Then work the fingers up around between the breast and the intestines, and around next to the back, thus loosening everything. Take hold of the gizzard and remove carefully, bringing with it all of the entrails. See that the lungs and kidneys, which lie against the back, are removed.
7. Put fowl into a pan of water to which has been added 1 t soda for every 2 quarts of water. With a small cloth wash carefully inside and out, rubbing the skin well. Then rinse thoroughly, letting plenty of water run through the fowl. Dry well.
8. Lay the fowl on the back, season inside with salt and pepper, and stuff the breast until it is smooth and plump.

Fold the skin of the neck down on the back and pin with a small steel skewer.

9. Stuff the body of the fowl, press the legs close to the body, hold firmly with one hand and with the other push



Chicken Stuffed and Trussed for Roasting.

the thigh up into the side. Fasten with a skewer run through from one leg to the other. Lay wings close to the body and fasten with a skewer. Insert a skewer under the tail. Wrap a piece of cord around the tail, bringing one end up on the right side, wrapping it twice around the leg skewer, then up around the wing skewer across under the back, repeating the process on the left side, bringing it down and fastening at the tail.

10. Season all well, and rub over with melted butter.

Method of Cooking in Fat

Sauteing

Sauteing is cooking in a small amount of fat. This process is commonly known as frying. Food so cooked is very difficult to digest because it is impossible to prevent the fat from penetrating and soaking into the food.

Frying

Frying is cooking by immersing the food in deep, hot fat. The fat should be hot enough to immediately form a crust, which, while allowing the penetration of heat, keeps the food dry and digestible.

The Cracking Point

The cracking point of fat, commonly called the burning point, or the point at which it breaks up into glycerine and fatty acids, determines its frying qualities. The higher this point, the better for frying. The lowest temperature at which food can be cooked is 360° F. If the fat "cracks" at this point, or below it, it is not only undesirable but also injurious to use. Vegetable fats or oils have a much higher cracking point than animal fats, hence are much better for frying. Olive oil would be the best if the cost need not be

considered. In such case, Wesson Cooking Oil or other cottonseed-oil products, if thoroughly purified, can be used. Animal fats which have a low cracking point, such as lard, clarified drippings, suet, etc., must be used with great care to have them hot enough to cook in and yet not burn.

Cooking fats do not boil, the bubbles arising in the kettle of hot fat, and the spluttering noises, being caused by water in the fat. The temperature of "spluttering fat" is about 212° F. (the boiling point of water), and it will not become any hotter so long as any water remains in the fat. When this is all evaporated the fat becomes still and the temperature should rise to about 380° F.

When the frying is completed and the fat has stood a few minutes to cool and settle, strain through a sieve over which a piece of cheesecloth has been placed, into a clean receptacle. Wipe out the kettle with cloth or paper, return the fat, cover closely, and set aside. Fat in the liquid form, such as oil, is very convenient, as it can be poured back into the cans, ready for use the next time, and kept until needed.

If after use the fat becomes dark colored heat very slowly and drop in a few slices of raw potato. They will quickly absorb various impurities from the fat and thus clarify it.

Test for Frying Temperature

For uncooked articles, doughnuts, etc., fat should be hot enough to brown a bit of bread in 40 seconds.

For cooked articles, croquettes, etc., fat should be hot enough to brown bread in 20 seconds.

To Prevent Food Absorbing Fat

Have fat hot enough to answer the above test.

Do not put too many cold articles in at once.

Do not have the mixture too rich.

Do not use too much baking powder.

Have an unbroken coating of egg and crumbs on croquettes.

Care After Frying

Hold frying-basket over the hot fat until it is well drained.

Place fried articles on unglazed brown paper.

Do not pile articles until they are cold.

To Prepare Bread Crumbs

Dry pieces of bread thoroughly, either in the open air or in a slow oven. Crush them fine and even with a rolling

pin, or else run through a food grinder. If two grades are desired, sift them, keeping the finer crumbs in one jar and the coarser in another.

How to Egg and Crumb Croquettes

Break an egg in a plate, beat slightly with a fork, and add 1 T water. Place a fork and tablespoon in this mixture.

Fill another plate with crumbs.

Roll the croquette in crumbs to dry it. Place it upon the fork and dip the egg over it with the spoon, carefully covering every part.

Drain and slip from the fork into the crumbs, and give the final shaping. Cover croquette well with crumbs before handling it.

Be careful not to get the fork and spoon into the crumbs.

A wire egg whip used in place of the fork is convenient for large, soft croquettes.

Cake Baking

Classes of Cakes

1. WITH BUTTER. Illustration: pound cake, fruit cake, etc.
2. WITHOUT BUTTER. Illustration: sponge cake, angel cake, etc.

Ingredients

In making cakes use the best ingredients; fresh eggs, good butter, fine granulated sugar, and pastry flour. Bread flour may be used, but the texture of the cake will not be so delicate on account of the greater amount of gluten. In using bread flour take one-eighth less per cup than directed by the recipe. Oleo and other fats may be used but not such fine cake results.

Flour Test

To test good pastry flour see that it has a velvety soft texture when rubbed between the fingers. Bread flour will feel grainy.

Order of Work

1. Prepare the pans.
2. Collect and measure materials.
3. Heat and regulate oven.

Preparing the Pans

If paper is used on the bottom of the pan it must fit neatly without folds or creases and project a little above the sides

of the pan. Grease the pan, then place the paper in the pan, grease the paper and dust lightly with flour. If paper is not used grease the pan and dust lightly with flour.

Test for Oven

The oven is hot enough if it will brown flour in 5 m, or if the hand can be held in the oven while counting 20 slowly.

Temperature

On account of the presence of a large amount of egg sponge and angel cakes must be baked at a much lower temperature than butter cakes.

Process of Making Butter Cakes

1. Soften and cream butter.
2. Add sugar gradually and cream.
3. Add beaten yolks, if used.
4. Mix and sift dry ingredients.
5. Add to the first mixture, alternating with the liquid.
6. Cut and fold in the whites of the eggs beaten stiff.
7. Put into the pans and bake.

Time of Baking

Layer cakes require from 20 to 25 m.

Loaf cakes take from 40 to 60 m. or longer.

Divide the time into quarters.

First Quarter—Cake should raise on sides.

Second Quarter—Cake should raise in center and specks of brown appear.

Third Quarter—Cake should brown evenly all over.

Fourth Quarter—Cake should shrink from the sides of the pan and settle.

To determine if the cake is done press with the finger; if it springs back from the touch it is done. Or push a well sterilized broom straw into the cake. If any particles cling to it the cake needs longer baking. If done the straw will come out clean.

To Remove From the Pans

As soon as the cake is done remove from the pans by inverting it over a wire cake cooler, or an old piece of linen spread on the bread board. If inclined to stick, loosen carefully with a knife, or rest the pan successively on different sides, letting the weight of the cake help to loosen it. If it sticks badly on the bottom set the pan for a few minutes on a cold wet cloth. Do not frost the cake until cold.

NOVEMBER MENUS—COST AND FOOD VALUE—ONE PERSON

MONDAY

Breakfast

Food Materials—	Cost	Wt. in oz.	Food Units— Total	Protein	Fat	Starch & Sugar
Orange	$	4.7	50.0	3.0	1.5	45.5
Potato		3.6	100.0	11.0	1.0	88.0
Butter		.5	100.0	.5	99.5	00.0
Bacon		.5	100.0	6.0	94.0	00.0
Toast		2.6	200.0	26.0	12.0	162.0
Butter		.5	100.0	.5	99.5	00.0
Cream for Coffee		.8	50.0	2.5	43.0	4.5
Breakfast Totals	$	13.2	700.0	49.5	350.5	300.0
Percentage of Food Values				7	49	43

Luncheon or Supper

Cream of Potato Soup	$	9.9	150.0	21.5	47.5	81.0
Crackers		.8	100.0	.4	20.0	70.6
Biscuit		1.2	100.0	12.0	7.0	81.0
Butter		.5	100.0	.5	99.5	00.0
Maple Syrup		2.4	200.0	00.0	00.0	200.0
Ginger Snaps		.9	100.0	6.0	23.0	71.0
Sugar for Tea		.8	100.0	00.0	00.0	100.0
Luncheon Totals	$	16.5	850.0	49.4	197.0	603.6
Percentage of Food Values				6	23	71

Dinner

Post Roast of Beef	$	2.2	100.0	90.0	10.0	00.0
Butter		.5	100.0	.5	99.5	00.0
Prunes		1.1	100.0	3.0	00.0	97.0
Potatoes		3.6	100.0	11.0	1.0	88.0
Kidney Beans		.9	100.0	23.6	3.2	73.2
Apricots		1.2	100.0	7.0	3.0	90.0
Pudding		5.5	445.0	47.7	120.0	277.3
Orange Sauce		2.0	314.8	6.6	56.0	252.2
Bread		1.3	100.0	13.0	6.0	81.0
Butter		1.0	200.0	1.0	199.0	00.0
Dinner Totals	$	19.3	1659.8	203.4	497.7	958.7
Percentage of Food Values				12	30	58
Total for Day	$	49.0	3209.8	302.3	1045.2	1861.3
Percentage of Food Values of the Day				9	34	57

TUESDAY

Breakfast

Food Materials—	Cost	Wt. in oz.	Food Units—Total	Protein	Fat	Starch & Sugar
Oatmeal	$	3.7	66.6	12.0	4.6	50.0
Cream for Cereal		1.6	50.0	6.0	34.5	9.5
Sugar for Cereal		.8	100.0	00.0	00.0	100.0
Raisins		1.0	100.0	3.0	9.0	88.0
French Toast		3.3	148.8	25.2	33.6	90.0
Syrup		2.3	67.3	00.0	00.0	67.3
Coffee		0.0	00.0	00.0	00.0	00.0
Cream for Coffee		.8	50.0	2.5	43.0	4.5
Breakfast Totals	$	13.5	582.7	48.7	124.7	409.3
Percentage of Food Values				8.4	21.4	70.2

Luncheon or Supper

Danish Soup	$	4.5	281.0	5.5	00.0	275.5
Bean Croquettes		3.1	295.7	61.6	77.6	156.5
Bread		.7	50.0	6.5	3.0	40.5
Butter		.2	50.0	.2	49.8	00.0
Tea		0.0	00.0	00.0	00.0	00.0
Sugar for Tea		.8	100.0	00.0	00.0	100.0
Luncheon Totals	$	9.3	776.7	73.8	130.4	572.5
Percentage of Food Values				10	17	73

Dinner

Pork Tenderloin	$	2.8	300.0	72.0	228.0	00.0
Gravy		2.2	112.5	10.4	70.0	32.1
Esc. Pumpkin & Rice		8.1	195.8	20.4	71.8	103.6
Bread		.7	50.0	6.5	3.0	40.5
Butter		.2	50.0	.2	49.8	00.0
Orange Surprise		5.8	393.7	20.0	147.7	226.0
Dinner Totals	$	19.8	1102.0	129.5	570.3	402.2
Percentage of Food Values				12	52	36
Total for Day	$	42.6	2461.4	252.0	825.4	1384.0
Percentage of Food Values for the Day				10.3	33.5	56.2

WEDNESDAY

Breakfast

Food Materials—	Cost	Wt. in oz.	Food Units— Total	Protein	Fat	Starch & Sugar
Apricots	$	1.2	100.0	7.0	3.0	90.0
Oatmeal Fritters		3.7	66.6	12.0	4.6	50.0
Powdered Sugar		1.0	30.1	00.0	00.0	30.1
Toast		2.6	200.0	26.0	12.0	162.0
Butter		.5	100.0	.5	99.5	00.0
Coffee		0.0	00.0	00.0	00.0	00.0
Cream for Coffee		.8	50.0	2.5	43.0	4.5
Breakfast Totals	$	9.8	546.7	48.0	162.1	336.6
Percentage of Food Values				8.7	29.6	61.5

Luncheon or Supper

Salmon Timbales	$	2.5	191.4	58.2	113.0	20.2
Cream Sauce		2.2	112.5	10.4	70.0	32.1
Butter		.2	50.0	.2	49.8	00.0
Bread		2.6	200.0	26.0	12.0	162.0
Cocoa		8.2	250.0	45.5	131.0	73.5
Luncheon Totals	$	15.7	803.9	140.3	375.8	287.8
Percentage of Food Values				17.4	46.7	35.8

Dinner

Roast Lamb	$	1.8	100.0	40.0	60.0	00.0
Potatoes a la M. H.		5.9	200.0	20.5	80.5	99.0
Carrots		1.4	25.0	2.5	8.5	14.0
Butter Sauce		.2	50.0	.2	49.8	00.0
Bread		2.6	200.0	26.0	12.0	162.0
Butter		.5	100.0	.5	99.5	00.0
Indian Pudding		4.0	200.0	24.0	50.0	126.0
Hard Sauce		1.0	133.0	.2	39.8	93.0
Dinner Totals	$	17.4	1008.0	113.9	400.1	494.0
Percentage of Food Values				11.3	39.6	49
Total for Day	$	42.9	2358.6	302.2	938.0	1118.4
Percentage of Food Values for the Day				12.8	39.7	47.3

THURSDAY

Breakfast

Food Materials—	Cost	Wt. in oz.	FOOD UNITS— Total	Protein	Fat	Starch & Sugar
Pettijohn	$	3.6	100.0	11.5	4.5	84.0
Cream for Cereal		1.6	50.0	6.0	34.5	9.5
Sugar for Cereal		.8	100.0	00.0	00.0	100.0
Poached Egg		2.1	100.0	32.0	68.0	00.0
Toast		.7	50.0	6.5	3.0	40.5
Butter		.5	100.0	.5	99.5	00.0
Coffee		0.0	00.0	00.0	00.0	00.0
Cream for Coffee		.8	50.0	2.5	43.0	4.5
Breakfast Totals	$	14.5	550.0	59.0	252.5	238.5
Percentage of Food Values				10.8	45.9	43.3

Luncheon or Supper

Irish Stew	$	4.6	175.0	28.4	89.4	57.2
Spiced Peaches		4.7	100.0	4.0	2.0	94.0
Bread		2.6	200.0	26.0	12.0	162.0
Butter		.5	100.0	.5	99.5	00.0
Tea		0.0	00.0	00.0	00.0	00.0
Luncheon Totals	$	12.4	575.0	58.9	202.9	313.2
Percentage of Food Values				10.2	35.2	54.4

Dinner

Veal (Mock Pigeon)	$	4.0	154.4	71.7	82.7	00.0
Dressing		1.3	100.0	13.0	6.0	81.0
Espagnole Sauce		1.0	150.0	6.5	101.0	42.5
Baked Sweet Potatoes		3.0	100.0	11.0	1.0	88.0
Combination Salad		7.5	285.0	59.8	152.4	72.8
Washington Pie		5.2	500.0	27.0	153.0	320.0
Bread		1.3	100.0	13.0	6.0	81.0
Butter		.2	50.0	.2	49.8	00.0
Dinner Totals	$	23.5	1439.4	202.2	551.9	685.3
Percentage of Food Values				14	38.3	47.6
Total for Day	$	50.4	2564.4	320.1	1007.3	1237.0
Percentage of Food Values for the Day				12.4	37.2	48.2

FRIDAY

Breakfast

Food Materials—	Cost	Wt. in oz.	Food Units— Total	Protein	Fat	Starch & Sugar
Baked Bananas	$	4.3	200.0	5.0	5.0	190.0
Hamburg Cakes		2.2	100.0	54.0	46.0	00.0
Toast		2.6	200.0	26.0	12.0	162.0
Butter		.5	100.0	.5	99.5	00.0
Coffee		0.0	00.0	00.0	00.0	00.0
Cream for Coffee		.8	50.0	2.5	43.0	4.5
Breakfast Totals		10.4	650.0	88.0	205.5	356.5
Percentage of Food Values				13.5	31.6	54.8

Luncheon or Supper

Tomato & Cheese Pudding	$	5.8	200.0	46.4	72.6	81.0
Biscuits		1.2	100.0	12.0	7.0	81.0
Butter		.5	100.0	.5	99.5	00.0
Apricot Preserves		2.4	250.0	3.5	1.5	245.0
Tea		0.0	00.0	00.0	00.0	00.0
Luncheon Totals	$	9.9	650.0	62.4	180.6	407.0
Percentage of Food Values				9.6	27.7	62.6

Dinner

Bouillon	$	6.5	50.0	34.0	7.0	9.0
Baked White Fish		4.0	200.0	122.0	78.0	00.0
Mashed Potatoes		3.1	100.0	10.0	25.0	65.0
Hollandaise Sauce		.9	83.0	5.0	72.0	6.0
Kohl Rabbi		9.8	100.0	16.5	6.0	77.5
Bread		2.6	200.0	26.0	12.0	162.0
Butter		.5	100.0	.5	99.5	00.0
Baked Rice Pudding		5.2	200.0	16.0	26.0	158.0
Sugar for Tea		3.4	300.0	00.0	00.0	300.0
Dinner Totals	$	36.0	1383.0	230.0	325.5	777.5
Percentage of Food Values				17.2	24.4	58.3
Total for Day	$	56.3	2633.0	380.4	711.6	1541.0
Percentage of Food Values for the Day				14.4	27.0	58.5

SATURDAY

Breakfast

Food Materials—	Cost	Wt. in oz.	Food Units—Total	Protein	Fat	Starch & Sugar
Farina	$	.7	79.2	9.1	3.9	66.2
Cream for Cereal		1.6	50.0	6.0	34.5	9.5
Sugar for Cereal		.8	100.0	00.0	00.0	100.0
Fish Cakes		4.7	200.0	56.5	78.5	65.0
Muffins		2.0	196.3	19.2	96.2	80.9
Butter		.5	100.0	.5	99.5	00.0
Coffee		0.0	00.0	00.0	00.0	00.0
Cream for Coffee		.8	50.0	2.5	43.0	4.5
Breakfast Totals	$	11.1	775.5	93.8	355.6	326.1
Percentage of Food Values				12	45.8	42

Luncheon or Supper

Sweet Potato and Almond Croquettes	$	4.6	365.0	33.2	161.8	170.0
Brown Bread		3.0	200.0	18.0	14.0	168.0
Butter		.5	100.0	.5	99.5	00.0
Cream Cheese		1.6	200.0	50.0	146.0	4.0
Tea		0.0	00.0	00.0	00.0	00.0
Sugar for Tea		.8	100.0	00.0	00.0	100.0
Luncheon Totals	$	10.5	965.0	101.7	421.3	442.0
Percentage of Food Values				10.5	43.6	45.8

Dinner

Ragout of Beef	$	4.4	200.0	108.0	92.0	00.0
Rice		3.1	100.0	10.0	1.0	89.0
Spinach Balls		4.0	133.0	20.2	103.9	9.5
Choc. Bread Pudding		5.7	367.0	31.6	123.1	211.9
Vanilla Sauce		1.2	200.0	.2	49.7	150.0
Bread		.7	50.0	6.5	3.0	40.5
Butter		.2	50.0	.2	49.7	00.0
Dinner Totals	$	19.3	1100.0	176.7	422.4	500.9
Percentage of Food Values				16	38	45.5
Total for Day	$	40.9	2840.5	372.2	1199.3	1269.0
Percentage of Food Values for the Day				13	42.4	44.3

SUNDAY

Breakfast

Food Materials—	Cost	Wt. in oz.	FOOD UNITS— Total	Protein	Fat	Starch & Sugar
Grapefruit	$	3.7	50.0	3.5	2.0	44.5
Cornflakes		.9	100.0	11.0	1.0	88.0
Cream		1.6	50.0	6.0	34.5	9.5
Sugar		.8	100.0	00.0	00.0	100.0
Toast		2.6	200.0	26.0	12.0	162.0
Butter		.5	100.0	.5	99.5	00.0
Egg		2.1	100.0	32.0	68.0	00.0
Coffee		0.0	00.0	00.0	00.0	00.0
Cream for Coffee		.8	50.0	2.5	43.0	4.5
Breakfast Totals...	$	13.0	750.0	81.5	260.0	408.5
Percentage of Food Values				10.8	34.6	54.4

Dinner

Stewed Chicken	$	4.0	191.2	61.6	129.6	00.0
Dumplings		1.2	100.0	12.0	7.0	81.0
Mashed Potatoes		3.1	100.0	10.0	25.0	65.0
Creamed Turnips		4.5	150.0	7.0	101.5	41.5
Cranberry Jelly		3.0	300.0	1.5	6.0	292.5
Fruit Pudding		3.4	322.5	18.7	70.8	233.0
Hard Sauce		1.0	133.0	.2	39.8	93.0
Bread		1.3	100.0	13.0	6.0	81.0
Butter		.2	50.0	.2	49.8	00.0
Dinner Totals	$	21.7	1446.7	124.2	435.5	887.0
Percentage of Food Values				8.5	30	61.3

Supper

Oyster Stew	$	8.8	250.0	44.0	162.5	43.5
Crackers		.8	100.0	9.4	20.0	70.6
Bread		1.3	100.0	13.0	6.0	81.0
Butter		.2	50.0	.2	49.7	00.0
Nut Brownies		1.1	157.5	11.8	90.3	55.4
Peaches		4.7	100.0	4.0	2.0	94.0
Cocoa		8.2	250.0	45.5	131.0	73.5
Supper Totals	$	25.1	1007.5	128.0	461.5	418.0
Percentage of Food Values				12.7	45.8	41.4
Total for Day	$	69.8	3204.2	333.7	1157.0	1713.5
Percentage of Food Values for the Day				10.4	36.1	53.5

SUMMARY OF NOVEMBER MENUS

Days—	Cost	Wt. in oz.	Food Units— Total	Protein	Fat	Starch & Sugar
Monday	$	49.0	3209.8	302.3	1045.2	1862.3
Tuesday		42.6	2461.4	252.0	825.4	1384.0
Wednesday		42.9	2358.6	302.2	938.0	1118.4
Thursday		50.4	2564.4	320.1	1007.3	1237.0
Friday		56.3	2633.0	380.4	711.6	1541.0
Saturday		40.9	2840.5	372.2	1199.3	1269.0
Sunday		69.8	3204.2	333.7	1157.0	1713.5
Total for the Week	$	351.9	19271.9	2262.9	6883.8	10125.2
Average per day		50.2	2753.1	323.2	983.4	1446.4
Percentage of Food Value for the week				11.7	35.7	52.5

It will be seen from the foregoing detailed tables and from the summary that, while certain of the meals are not perfectly balanced, the day's menu, in all cases, comes within the standard set for a well balanced diet. This is all that is required, except in cases of illness.

In the calculations of the November Menus it will be noted that the portions served are in most cases multiples or fractions of 100 food units. In the following pages are given tables taken from the Bulletin of the School "Food Values," calculated according to this method, devised by Professor Irving Fisher of Yale University. From these tables all the succeeding menus of "Lessons in Cooking" may be calculated if desired. After weighing out portions of 100 food units once, it is very easy to tell approximately how many food units are being served, and by brief calculation to find if any given diet is well balanced.

TABLE OF 100 FOOD UNITS

Name of Food	"Portion" Containing 100 Food Units (approx.)	Wt. of 100 Calories		Per cent of		
		Grams	Oz.	Proteid	Fat	Carbohydrate
COOKED MEATS						
†Beef, r'nd, boiled (fat) 1099‡..	Small serving..	36	1.3	40	60	00
†Beef, r'd, boiled (lean) 1206‡	Large serving ..	62	2.2	90	10	00
†Beef, r'd, boiled (med.) 1188‡	Small serving ..	44	1.6	60	40	00
†Beef, 5th rib, roasted, 1538‡	Half serving. ..	18.5	.65	12	88	00
†Beef, 5th rib, roasted, 1616‡.	Small serving ..	32	1.2	25	75	00
†Beef, 5th rib, roasted, 1615‡.	Very small s'v'g	25	.88	18	82	00
‡Beef, ribs boiled, 1169‡.....	Small serving ..	30	1.1	27	73	00
†Beef, ribs boiled, 1170‡	Very small s'v'g	25	.87	21	79	00
*Calves foot jelly.....	.....	112	4.	19	00	81
*Chicken, canned.....	One thin slice...	27	.96	23	77	00
*Lamb chops, boiled, av.....	One small chop	27	.96	24	76	00
*Lamb, leg, roasted.....	Ord. serving ...	50	1.8	40	60	00
†Mutton, leg, boiled, 1184‡...	Large serving ..	34	1.2	35	65	00
†Pork, ham, boiled (fat) 1174‡	Small servir	20.5	.73	14	86	00
†Pork, ham, boiled, 1192‡.....	Ord. servir	32.5	1.1	28	72	00
†Pork, ham, r'st'd, (fat) 1484‡	Small se g ..	27	.96	19	81	00
†Pork, ham, r'st'd, (lean), 1511‡	Small serving ..	34	1.2	33	67	00
*Turkey, as pur., canned.....	Small serving ..	28	.99	23	77	00
†Veal, leg, boiled, 1182‡.....	Large serving ..	67.5	2.4	73	27	00
UNCOOKED MEATS, EDIBLE PORTION						
*Beef, loin, av. (lean).....	Ord. serving... .	50	1.8	40	60	00
*Beef, loin, av. (fat).....	Small serving ..	30	1.1	22	78	00
*Beef, loin, p'house steak, av..	Small steak....	36	1.3	32	68	00
*Beef, loin, sirloin steak, av...	Small steak....	40	1.4	31	69	00
*Beef, ribs, lean, av.....	Ord. serving ...	52	1.8	42	58	00
*Beef, round, lean, av	Ord. serving...	63	2.2	54	46	00
*Beef, tongue, average.....	Ord. serving ...	62	2.2	47	53	00
*Beef, juice.....	.....	395	14.	78	22	00
*Chicken (broilers), av.....	Large serving ..	90	3.2	79	21	00
*Clams, r'nd in shell, av.....	Twelve to 16...	210	7.4	56	8	36
*Cod, whole.....	Two servings...	138	4.9	95	5	00
*Goose (young) av.....	Half serving ...	25	.88	16	84	00
*Halibut steaks, av.....	Ord. serving ...	81	2.8	61	39	00
*Liver (veal) av.....	Two small s'v'g	79	2.8	61	39	00
*Lobster, whole, av.....	Two servings...	117	4.1	78	20	2
*Mackerel (Span.), whole, av.	Ord. serving ...	57	2.	50	50	00
*Mutton leg, hind, lean, av....	Ord. serving	50	1.8	41	59	00
*Oysters, in shell, av.....	One dozen.....	193	6.8	49	22	29
*Pork, loin chops, av.....	Very small s'v'g	27	.97	18	82	00
*Pork, ham, lean. av.....	Small serving ..	36	1.3	29	71	00
*Pork, bacon, med. fat, av....	Small serving ..	15	.53	6	94	00
*Salmon (Cal.), average.....	Small serving ..	42	1.5	30	70	00
Shad. whole, average.....	Ord. serving ...	60	2.1	46	54	00
*Trout, brook, whole, av.....	Two small s'v'g	100	3.6	80	20	00
*Turkey, average.....	Two small s'v'g	33	1.2	29	71	00

Name of Food	"Portion" Containing 100 Food Units (approx.)	Wt. of 100 Calories		Per cent of		
		Grams	Oz.	Proteid	Fat	Carbohydrate
VEGETABLES						
*Artichokes, av. canned	.....	430	15	14	0	86
*Asparagus, av. canned	.....	540	19	33	5	62
*Asparagus, av. cooked	.....	206	7.19	18	63	19
*Beans, baked, canned	Small side dish	75	2.66	21	18	61
*Beans, Lima, canned	Large side dish	126	4.44	21	4	75
*Beans, string, cooked	Five servings	480	16.66	15	48	37
*Beets edible portion, cooked	Three servings	245	8.7	2	23	75
*Cabbage, edible portion	.....	310	11	20	8	72
*Carrots, edible pt., fresh	.....	215	7.6	10	8	82
Carrots, cooked	Two servings	164	5.81	10	34	56
*Cauliflower, as purchased	.....	312	11	23	15	62
*Celery, edible portion	.....	540	19	24	5	71
Corn, sweet, cooked	One side dish	99	3.5	13	10	77
*Cucumbers, edible pt	.....	565	20	18	10	72
*Egg plant, edible pt	.....	350	12	17	10	73
Lentils, cooked	.....	89	3.15	27	1	72
*Lettuce, edible pt	.....	505	18	25	14	61
*Mushrooms, as purchased	.....	215	7.6	31	8	61
*Onions, fresh, edible pt	.....	200	7.1	13	5	82
*Onions, cooked	Two large s'v'gs	240	8.4	12	40	48
*Parsnips, edible pt	1½ serving	152	5.3	10	7	83
Parsnips, cooked	.....	163	5.84	10	34	56
*Peas, green, canned	Two servings	178	6.3	25	3	72
*Peas, green, cooked	One serving	85	3	23	27	50
Potatoes, baked	One good sized.	86	3.05	11	1	88
*Potatoes, boiled	One large sized.	102	3.62	11	1	88
*Potatoes, mashed (creamed)	One serving	89	3.14	10	25	65
Potatoes, steamed	One serving	101	3.57	11	1	88
*Potatoes, chips	One-half s'v'g	17	.6	4	63	33
*Potatoes, sweet, cooked	Half av. potato.	49	1.7	6	9	85
*Pumkpins, edible pt	.....	380	13	15	4	81
Radishes, as purchased	.....	480	17	18	3	79
Rhubarb, edible, pt	.....	430	15	10	27	63
*Spinach, cooked	Two ord. s'v'g	174	6.1	15	66	19
Squash, edible pt	.....	210	7.4	12	10	78
*Succotash, canned	Ord. serving	100	3.5	15	9	67
*Tomatoes, fresh as purchased	Four av	430	15	15	16	69
Tomatoes, canned	.....	431	15.2	21	7	72
*Turnips, edible pt	Two large s'v'g	246	8.7	13	4	83
Vegetable oysters	.....	273	9.62	10	51	39
FRUITS (DRIED)						
*Apples, as purchased	.....	34	1.2	3	7	90
Apricots, as purchased	.....	35	1.24	7	3	90
*Dates, edible portion	Three large	28	.99	2	7	91
*Dates, as purchased	.....	31	1.1	2	7	91
*Figs, edible portion	One large	31	1.1	5	0	95
*Prunes, edible portion	Three large	32	1.14	3	0	97
*Prunes, as purchased	.....	38	1.35	3	0	97
*Raisins, edible portion	.....	28	1.	3	9	88
*Raisins, as purchased	.....	31	1.1	3	9	88

Name of Food	"Portion" Containing 100 Food Units (approx.)	Wt. of 100 Calories		Per cent of		
		Grams	Oz.	Proteid	Fat	Carbohydrate
FRUITS (FRESH OR COOKED)						
*Apples, as purchased	Two apples	206	7.3	3	7	90
Apples, baked		94	3.3	2	5	93
Apples, sauce	Ord. serving	111	3.9	2	5	93
*Apricots, edible pt		168	5.92	8	0	92
Apricots, cooked	Large serving	131	4.61	6	0	94
*Bananas, edible pt	One large	100	3.5	5	5	90
*Blackberries		170	5.9	9	16	75
Blueberries		128	4.6	3	8	89
*Blueberries, canned		165	5.8	4	9	87
Cantaloupe	Half or. serv'g	243	8.6	6	0	94
*Cherries, edible portion		124	4.4	5	10	85
*Cranberries, as purchased		210	7.5	3	12	85
*Grapes, as purchased av		136	4.8	5	15	80
Grape fruit		215	7.57	7	4	89
Grape juice	Small glass	120	4.2	0	0	100
Gooseberrries		261	9.2	5	0	95
Lemons		215	7.57	9	14	77
*Lemon juice		246	8.77	0	0	100
Nectarines		147	5.18	4	0	96
Olives, ripe	About seven	37	1.31	2	91	7
Oranges, as purchased, av	One very large.	270	9.4	6	3	91
*Oranges, juice	Large glass	188	6.62	0	0	100
Peaches, as purchased av	Three ordinary.	290	10.	7	2	91
*Peaches, sauce	Ord. serving	136	4.78	4	2	94
Peaches, juice	Ordinary glass	136	4.80	0	0	100
Pears	One large pear.	173	5.40	4	7	89
*Pears, sauce		113	3.98	3	4	93
Pineapples, edible p't'n, av		226	8.	4	6	90
*Raspberries, black		146	5.18	10	14	76
Raspberries, red		178	6.29	8	0	92
Strawberries, av	Two servings	260	9.1	10	15	75
*Watermelon, av		760	27.	6	6	88
*						
DAIRY PRODUCTS						
*Butter	Ordinary pat	12.5	.44	.5	99.5	00
*Buttermilk	1½ glass	275	9.7	34	12	54
*Cheese, Am., pale	1½ cubic in	22	.77	25	73	2
*Cheese, cottage	4 cubic in	89	3.12	76	8	16
*Cheese, full cream	1½ cubic in	23	.82	25	73	2
*Cheese, Neufchatel	1½ cubic in	29.5	1.05	22	76	2
*Cheese, Swiss	1½ cubic in	23	.8	25	74	1
*Cheese, pineapple	1½ cubic in	20	.72	25	73	2
*Cream	¼ ord. glass	49	1.7	5	86	9
Kumyss		188	6.7	21	37	42
*Milk, condensed, sweetened		30	1.06	10	23	67
*Milk, condensed, unsweet'd		59	2.05	24	50	26
*Milk, skimmed	1½ glass	255	9.4	37	7	56
*Milk, whole	Small glass	140	4.9	19	52	29
Milk, human, 2nd week		162	5.7	11	47	42
Milk, human, 3rd month		171	6	7	46	47
*Whey	Two glasses	360	13	15	10	75

Name of Food	"Portion" Containing 100 Food Units (approx.)	Wt. of 100 Calories		Per cent of		
		Grams	Oz.	Proteid	Fat	Carbohydrate
CAKES, PASTRY, PUDDINGS AND DESSERTS						
*Cake, chocolate layer	Half ord. sq. pc	28	.98	7	22	71
*Cake, gingerbread	Half ord. sq. pc	27	.96	6	23	71
Cake, sponge	Small piece	25	.89	7	25	68
Custard, caramel		71	2.51	19	10	71
Custard, milk	Ordinary cup	122	4.29	26	56	18
Custard, tapioca	Two-thirds ord.	69.5	2.45	9	12	79
*Doughnuts	Half a doughn't	23	.8	6	45	49
*Lady fingers	Two	27	.95	10	12	78
*Macaroons	Four	23	.82	6	33	61
*Pie, apple	One third piece	38	1.3	5	32	63
*Pie, cream	One-fourth pc.	30	1.1	5	32	63
*Pie, custard	One-third piece	55	1.9	9	32	59
*Pie, lemon	One-third piece	38	1.35	6	36	58
*Pie, mince	One-fourth pc.	35	1.2	8	38	54
*Pie, squash	One-third piece	55	1.9	10	42	48
Pudding, apple sago		81	3.02	6	3	91
Pudding, brown betty	Half ord. s'v'g	56.6	2.	7	12	81
Pudding, cream rice	Very small s'v'g	75	2.65	8	13	79
Pudding, Indian meal	Half ord. ser'g.	56.6	2.	12	25	63
Pudding, apple tapioca	Small serving	79	2.8	1	1	98
Tapioca, cooked	Ord. serving	108	3.85	1	1	98
SWEETS AND PICKLES						
*Catsup, tomato, av		170	6.	10	3	87
Candy, plain		26	.9	0	0	100
Candy, chocolate		30	1.1	1	4	95
*Honey	Four teasp'ns.	30	1.05	1	0	99
*Marmalade (orange)		28.3	1	.5	2.5	97
*Molasses, cane		35	1.2	.5	0	99.5
*Olives, green edible portion	Five to seven	32	1.1	1	84	15
*Olives, ripe, edible portion	Five to seven	38	1.3	2	91	7
*Pickles, mixed		415	14.6	13	15	67
*Sugar, granulated	Three heaping tsp or 1 ½ lumps.	24	.86	0	0	100
*Sugar, maple	Four teaspoons	29	1.03	0	0	100
*Syrup, maple	Four teaspoons	35	1.2	0	0	100
NUTS, EDIBLE PORTION						
*Almonds, av	Eight to 15	15	.53	13	77	10
*Beechnuts		14.8	.52	13	79	8
*Brazil Nuts,	Three ord. size.	14	.49	10	86	4
*Butternuts		14	.50	16	82	2
*Cocoanuts		16	.57	4	77	19
*Chestnuts, fresh, av		40	1.4	10	20	70
*Filberts, av	Ten nuts	14	.48	9	84	7
*Hickory nuts		13	.47	9	85	6
*Peanuts, av	Thirteen double	18	.62	20	63	17
*Pecans, polished	About eight	13	.46	6	87	7
*Pine nuts, (pignolias)	About eighty	16	.56	22	74	4
*Walnuts, California	About six	14	.48	10	83	7

Name of Food	"Portion" Containing 100 Food Units (approx.)	Wt. of 100 Calories		Per cent of		
		Grams	Oz.	Proteid	Fat	Carbohydrate
CEREALS						
*Bread, brown, average	Ord. thick slice.	43	1.5	9	7	84
*Bread, corn (johnnycake) av.	Small square.	38	1.3	12	16	72
*Bread, white, home made	Ord. thick slice	38	1.3	13	6	81
*Cookies, sugar	Two	24	.83	7	22	71
Corn flakes, toasted	Ord. cer. dish f'l	27	.97	11	1	88
*Corn meal, granular, av.	2½ level tbsp.	27	.96	10	5	85
Corn meal, unbolted, av.	Three tbsp.	26	.92	9.	11.	80
*Crackers, graham	Two crackers.	23	.82	9.5	20.5	70
*Crackers, oatmeal	Two crackers.	23	.81	11	24	65
*Crackers, soda	3½ "Uneedas"	24	.83	9.4	20	70.6
*Hominy, cooked	Large serving.	120	4.2	11	2	87
*Macaroni, av.		27	.96	15	2	83
*Macaroni, cooked	Ord. serving.	110	3.85	14	15	71
*Oatmeal, boiled	1½ serving.	159	5.6	18	7	75
*Popcorn,		24	.86	11	11	78
*Rice, uncooked		28	.98	9	1	90
*Rice, boiled	Ord. cereal dish	87	3.1	10	1	89
*Rice, flakes	Ord. cereal dish.	27	.94	8	1	91
*Rolls, Vienna, av.	One large roll.	35	1.2	12	7	81
*Shredded wheat	One biscuit.	27	.94	13	4.5	82.5
*Spaghetti, average		28	.97	12	1	87
*Wafers, vanilla	Four	24	.84	8	13	71
*Wheat, flour, e't'e w'h't, av.	Four tbsp	27	.96	15	5	80
*Wheat, flour, graham, av.	4½ tbsp	27	.96	15	5	80
*Wheat, flour, patent, family and straight grade spring wheat, av.	Four tbsp.	27	.97	12	3	85
*Zweiback	Size of thick slice of bread.	23	.81	9	21	70
MISCELLANEOUS						
*Eggs, hen's boiled	One large egg.	59	2.1	32	68	00
*Eggs, hen's whites	Of six eggs.	181	6.4	100	0	00
*Eggs, hen's yolks	Two yolks.	27	.94	17	83	00
*Omelet		94	3.3	34	60	6
*Soup, beef, av.		380	13.	69	14	17
*Soup, bean, av.	Very large plate	150	5.4	20	20	60
*Soup, cream of celery	Two plates.	180	6.3	16	47	37
*Consomme		830	29.	85	00	15
*Clam chowder	Two plates.	230	8.25	17	18	65
*Chocolate, bitter	Half-a-square.	16	.56	8	72	20
*Cocoa		20	.69	17	53	30
Ice Cream (Phila)	Half serving.	45	1.6	5	57	38
Ice Cream (New York)	Half serving.	48	1.7	7	47	46

*Chemical Composition of American Food Materials, Atwater and Bryant, U. S. Department of Agriculture Bull. No. 28.

†Experiments on Losses in Cooking Meats. (1900–03), Grindley, U. S. Department of Agriculture Bull. No. 141.

‡Laboratory number of specimen, as per Experiments on Losses in Cooking Meat.

DECEMBER MENUS

A TWO-STORY KITCHEN TABLE ON ROLLERS
Made from an Old Fashioned Wash Stand with Zinc Covered Top and Hooks for Utensils

LESSONS IN COOKING

PART IV

CANDY MAKING

Candies can be classed according to the different stages of sugar cookery into "soft ball," "hard ball," "crack," and "hard crack." (A candy thermometer may be purchased through the School for $1.50.)

Soft Ball

The sugar and water are boiled together until when dropped into cold water it forms a soft ball. Temperature 238° F. Example,—fondant.

Hard Ball

Instead of a soft ball the portion dropped into cold water should form a firm hard ball. Temperature 254° F. Example,—caramels.

Crack Stage

The portion instead of forming a ball becomes snappy and brittle. Temperature 260°-275° F. Example,—taffies.

Hard Crack

As soon as dropped into cold water the portion becomes very hard and brittle. Temperature 290° F. Example,—peanut candy.

Caramelization

When the sugar has been cooked beyond the hard crack stage it gradually changes color, from light yellow to deep brown and finally a deep red. The temperature varies from 300° to 350° F. When a light golden brown it is used for flavoring in custards, ice-cream, etc. When it has reached the dark red stage it has lost its sweetness and is then used to color gravies, soups, etc.

Soft Ball Candies

Plain Fondant

Boil without stirring, 5 c sugar, 2½ c water and ½ t cream of tartar to the soft ball stage. Make a swab by wrapping a fork with a piece of linen, dip in hot water and wipe the crystals from the sides of the pan as soon as

they form. This will prevent crystallization. Covering the pan the first 10 m of cooking also tends to prevent formation of crystals.

Remove from the fire, let stand until cool, then beat until creamy. Turn out onto a marble slab or large platter and knead until free from all lumps and soft and velvety in texture. It is better after standing 24 h in a covered jar.

Note: On a damp day the fondant should be cooked to 240° F. instead of 238° F. The former temperature is more satisfactory also when the fondant is to be used at once.

Chocolate Fondant

Add 3 ounces grated chocolate to the above recipe for Plain Fondant and proceed as above.

Coffee Fondant

Make 1½ c strong coffee, strain and add 5 c sugar and ½ t cream of tartar, and proceed as for Plain Fondant.

Maple Fondant

Break 1¼ lb maple sugar into pieces. Add 3 c white sugar, 1 c hot water and ¼ t cream of tartar. Proceed as for Plain Fondant.

Cream Mints

Melt 1 lb Plain Fondant over hot water. Flavor with 3 drops either oil of peppermint, wintergreen, clove, cinnamon, or orange. Color if desired. Drop from the tip of a teaspoon onto oiled paper.

Fruit and Nut Loaf

Into 2 c Plain or Maple Fondant work ¼ c each chopped pecans, candied pineapple, and cherries. Different combinations of fruit and nuts may be used. Roll in oiled paper and mould in a tin box. If no box is available, shape as desired, and roll in oiled paper.

Neapolitan Creams

Put together Coffee, Maple and Plain Fondant, the latter colored if desired, in alternate layers. Chopped fruit, nuts and cocoanut may be mixed with the different layers. Cut in slices.

Chocolate Creams

Mould Fondant into any shape desired. Let stand in a cool place until firm.

Melt plain or confectioner's chocolate over hot water. Lay each cream on a fork, dip into the chocolate and slide onto oiled paper.

Bon Bons

Mould Plain Fondant, flavored and colored as desired, into different shapes, placing halves of nuts or pieces of cherries, pineapple, dates, figs, etc., on top or inside.

Remove the seeds from dates and fill the cavity thus made with a small roll of Fondant. Figs also can be used in the same way, filling the fig and slicing across.

Chocolate Fudge

Boil together 2 c sugar, 2 ounces chocolate, and 2/3 c milk to the soft ball stage (238° F.); remove from the fire and add 1 T butter. When cool add 1 t vanilla and stir until the mixture begins to stiffen. Pour quickly into a buttered pan and cut into squares. Nuts may be added if desired.

Note: Sweet or sour cream may be used in place of the milk and butter.

Penocha

Boil together 2 c light brown sugar and 2/3 c milk to the soft ball stage (238° F.). Remove from the fire, add 1 T butter and when cool ½ c nuts, and proceed as in Chocolate Fudge.

Hard Ball Candies

Caramels

Boil together 4 c sugar, 3 T glucose and 1 c water to the hard ball stage (254° F.). Add 1 c of cream and boil until it again reaches the hard ball stage. The cream thins the mixture so that this additional boiling is necessary. Just before removing from the fire add 2 t vanilla, pour into a greased pan and when cool cut into squares. If desired, 2 c of nut meats may be added just before pouring out.

For Chocolate Caramels add 4 ounces chocolate and proceed as above.

Crack Candies

White Taffy

Boil together without stirring 3 c sugar, ½ c water, ¼ t cream of tartar, and ½ T vinegar, to the brittle stage (270° F.). Pour into buttered plates and when cool enough to

handle pull until white and glossy, adding any flavoring desired while pulling. Pull out into a long thin strip and cut immediately with the scissors into pieces about 1 inch long. Lay on buttered paper.

Brown Taffy

Boil together without stirring 2 c light brown sugar, 2 T butter, 2 T molasses, 4 T water and 2 T vinegar to the brittle stage (270° F.). Pour into buttered plates and proceed as in White Taffy.

Divinity Candy

Boil together 3 c sugar, 1 c corn syrup and ½ c water to the crack stage (270° F.). Pour over the beaten whites of 3 eggs and beat rapidly. As it thickens add 1 t vanilla and 1 c chopped nuts. Pour onto a greased plate and cut into squares, or mould in a box lined with oiled paper.

Popcorn Balls

Make a syrup of 2 c sugar, ½ c water and ½ c molasses. Cook to the crack stage (270° F.). Pour over freshly popped corn and form into balls as soon as possible.

Hard Crack Candies

Peanut Candy

Boil together 2 c sugar, ½ c water and 1 c unroasted peanuts to the hard crack stage (290° F.), or until a golden brown. Pour at once into a buttered pan.

Peanut Brittle

Make as above, adding ¼ t soda just before pouring out.

Sweetmeats

Parisian Sweets

Put through the meat grinder equal portions of figs, dates and English walnuts. Knead well with confectioner's sugar until it is not sticky. Roll out to ½ inch thickness, cut in squares, rounds or diamonds, dip in confectioner's sugar and lay in layers between oiled paper or in tin boxes. These will keep for weeks. A little lemon juice worked in while kneading improves the flavor.

Stuffed Dates

Cut dates lengthwise, remove the seeds and fill with nuts. Roll in granulated sugar.

Macaroons

Work together ½ lb almond paste and 1 c powdered sugar. Then add gradually the whites of 3 eggs until the mixture is perfectly smooth. Shape with a pastry bag and tube onto a tin sheet covered with oiled paper 1 inch apart. Bake 15 m in a slow oven. After removing from the oven invert the paper and rub over with a cold wet cloth, when the macaroons will easily slip off.

Fifteen minutes' baking will make a soft macaroon, twenty minutes' a brittle one.

If no pastry bag is at hand, drop from the tip of a spoon.

DECEMBER MENUS

Monday **Lesson 65**

BREAKFAST

CORNMEAL MUSH
COUNTRY SAUSAGE AND FRIED APPLES
MUFFINS COFFEE

Cornmeal Mush

Add ½ t salt to 6 c water, and when boiling very slowly sprinkle into it 1½ c cornmeal, stirring all the time; boil rapidly for 10 m, then put the kettle over hot water and cook at least 2 h, longer if possible. Serve warm with cream and sugar, or sugar and butter, or butter alone, as desired.

Country Sausage

Cover the sausage, pricked in every part with a fork, with boiling water, let simmer 15 m, then drain and brown in the oven, or on top the stove.

Fried Apples

Melt 2 T butter in a frying pan, add 3 tart apples sliced very thin, and ¼ c sugar. Cover the pan and cook until the apples are tender and brown. Place the sausage in the center of the dish with the apples around it.

Muffins

2 c flour, ½ t salt, 4 t baking powder, 2 T sugar, 1 egg, 1¼ c milk and 2 T melted butter. For directions, see Lesson 4, page 17.

Preparing the Meal

The cornmeal should be cooked the day before or overnight in the fireless cooker, and reheated in the morning.

Make the muffins, and while baking prepare and fry the apples. Cover the sausages with hot water and put on the stove to simmer. Make the coffee.

Now brown the sausages, lower the flame, and place where they will keep hot while the cereal is being eaten. Do likewise with the apples. If the muffins are done, turn out the fire and leave in the oven unless already too brown.

After breakfast cook the potatoes and the pumpkin that are to be used for the dinner. Then cook the figs and make the gelatine dessert. Also, pare and slice the egg plant for lunch, and place with a weight to drain.

LUNCHEON OR SUPPER

Monday **Lesson 66**

CREAM OF CELERY SOUP—CROUTONS
FRIED EGG PLANT BREAD AND BUTTER
TEA

Cream of Celery Soup

Cut 1 bunch of celery into small pieces and cook until tender in 1 pint of boiling water. Add ½ t salt and mash in the water in which it was cooked.

While the celery is cooking, melt 2 T butter in the upper part of the double boiler, add 2 T flour, and when well blended add slowly, mixing all the time, 2 c milk. Boil a few minutes and then set over hot water. When the celery is cooked and mashed add to the mixture in the double boiler. Strain, reheat and serve with croutons.

Fried Egg Plant

Remove the skin and cut the plant into slices ¼ inch thick. Sprinkle the slices with salt, pile one above another, and set a plate holding a weight upon the top. Let stand an hour to drain off the juice. If more salt has been added than is necessary for seasoning, rinse in cold water, dry between clean towels, dip in egg, then in breadcrumbs, and saute first on one side, then the other, to a golden brown. Use about 2 T butter to begin the sauteing, adding more from time to time as necessary.

Croutons

Brown cubes of stale bread in a little butter, or see Lesson 2, page 13.

Preparing the Meal

About ½ h before lunch time wash and cut up the celery, cover with boiling water and cook.

Drain the slices of egg plant, dip in egg, then in crumbs, and start to saute them. While cooking make the White Sauce for the soup, also the croutons. Add the celery to the White Sauce, strain, reheat, and serve.

Place the egg plant where it will keep hot while the soup is being eaten. Make the tea.

Serve the soup, then the rest of the luncheon.

DINNER

Monday **Lesson 67**

BOILED HAM

CREAMED POTATOES PUMPKIN TIMBALE

JELLIED FIGS WITH CREAM

Boiled Ham

Let the ham soak several hours or overnight after scraping and thoroughly scrubbing with a brush. To cook, cover with cold water, bring slowly to the boiling point, let boil a few minutes, then skim and simmer several hours, allowing 25 m to the pound. When tender set aside to partially cool in the liquid, then remove, draw off the skin, brush over with beaten yolk of egg, diluted with milk, sprinkle with sugar and cracker crumbs, mixed together, about ¼ c of each for 5 lbs of ham, and set in the oven to brown. Garnish the dish with parsley.

Pumpkin Timbale

To 1 pint of mashed pumpkin add the yolks of 2 eggs, well beaten, 1 t salt, and a dash of pepper. Mix well, cut and fold in the stiffly beaten whites of the 2 eggs, then fill custard or timbale cups. Stand in a baking pan of hot water, and bake in a moderate oven 20 m, or until firm. When done turn carefully from the cups and serve at once.

Jellied Figs

Wash 8 whole figs and cook in boiling water until the skin is tender. Drain the figs from the liquid of which there should be ½ c. Soften ¼ ounce gelatine in 2 T cold water, then dissolve in the hot liquid from the figs. Add ¼ c sugar, stir until dissolved and cooled somewhat,

then add the juice of ½ lemon, ¼ c orange juice and strain into a shallow dish. When firm cut into cubes.

Whip ½ c double cream until very stiff, adding 2 T powdered sugar and a few drops of vanilla. Place the figs in the center of a serving dish and surround with the whipped cream and the cubes of jelly, alternating cream and jelly.

Creamed Potatoes

Cube 1½ c plain boiled potatoes. Reheat in 1 c medium White Sauce. For directions see Lesson 12—p. 25.

Preparing the Meal

About 2½ h before dinner time put the ham on to cook. Two hours later make the pumpkin timbales, the pumpkin having been cooked in the morning, and put them in the oven. Remove the ham from the liquid and after brushing over with egg and crumbs put in the oven to brown.

Whip the cream and when stiff set aside in a cool place until needed. Then make the White Sauce for the potatoes, and while cooking dice the potatoes, add to the sauce and reheat.

Cut the gelatine into cubes and arrange the jelly, figs and cream in a serving dish. Put the ham on a hot platter, turn the timbales out for serving, pour the potatoes into a hot vegetable dish, and serve the dinner.

BREAKFAST

Tuesday **Lesson 68**

SHREDDED WHEAT AND PEACHES
WITH CREAM AND SUGAR
FRIED CORNMEAL MUSH SYRUP
TOAST COFFEE

Shredded Wheat and Peaches

On the top of Shredded Wheat Biscuits lay slices of canned peaches and serve with sugar and cream.

Fried Cornmeal Mush

Turn the mush from the mould where it was placed the preceding morning, slice ½-inch thick or a little less, dust

with flour and saute in butter until a golden brown on both sides. Or roll in egg and crumbs and fry in deep fat.

Plenty of time must be allowed for frying mush as it does not brown quickly. Probably ½ h will be required to fry a panful for a family of four.

Dry Toast

Brown slices of stale bread and serve at once.

Preparing the Meal

Prepare the mush for sauteing or frying. Have the fat in the pan hot and while the mush is browning make the coffee and toast and serve the cereal. Then serve the rest of the breakfast.

After breakfast, cook the rice for the croquettes for dinner.

LUNCHEON OR SUPPER

Tuesday **Lesson 69**

HAM OMELET—TOMATO SAUCE
HOT BISCUITS RASPBERRY JAM
TEA

Ham Omelet

Grind enough ham left from dinner the preceding evening to make about ¾ c. Put 4 t butter in a frying pan and while melting separate the whites and yolks of 4 eggs; then beat the whites until very stiff.

To the yolks add ½ t salt, dash of pepper, and beat with a fork until light and creamy. Carefully and gradually add ¼ c hot water to the yolks, stirring all the time, then the chopped ham. Cut and fold the entire mixture into the whites, pour into the frying pan containing the melted butter, cover closely and place over a low flame. When puffed and nicely browned on one side set in the oven to dry off. Fold and turn onto a hot platter, and pour the Tomato Sauce around it.

Tomato Sauce

Melt 2 T butter in a saucepan, add 2 T flour and mix well. When blended add 1 c strained tomatoes, pouring the liquid in gradually so as to mix smoothly with the flour. Add ½ t salt, ¼ t mace and 1 t finely chopped onion. Return to the fire, cook, stirring constantly until

the mixture thickens; boil 2 or 3 m. Strain around the omelet.

Biscuits

Two c flour, 4 t baking powder, ½ t salt, 1 T shortening, about ¾ c milk. For directions see page 24 or 78.

Preparing the Meal

About ½ h before lunch time make the biscuits using once and a half the recipe. Reserve ⅓ of the dough for the veal pot pie for dinner, keeping in a cold place until needed.

Make the omelet and when in the pan, make the tomato sauce. When done set to one side until the omelet is finished, then make the tea. Serve the lunch.

DINNER

Tuesday **Lesson 70**

VEAL POT PIE
MASHED POTATOES SUCCOTASH
SWEET RICE CROQUETTES

Veal Pot Pie

Wipe a piece of veal from the shoulder and cut it into pieces for serving; add ½-inch strip of salt pork or bacon for each piece of veal, cover with cold water, put over the fire and bring quickly to the boiling point. Boil 5 m, skim and let simmer until the meat is tender. If one possesses a "fireless cooker" place the meat in the cooker after boiling about 10 m, and leave for 2 or 3 h.

When tender add salt and pepper to season, cut the biscuit dough left from luncheon into small rounds and place on top of the stew. Cook 10 m without lifting the cover. Serve the meat in the center of the platter, surrounded by the dumplings. Pour the gravy over the whole.

Succotash

Place the contents of a can of succotash in a saucepan, add ¼ t salt, dash of pepper, add 2 T butter. Place over the fire and when hot serve. Or to ½ can corn add 1 c cooked lima beans, and proceed as above.

Sweet Rice Croquettes

Cook ½ c rice, blanched and salted, in 1½ c milk, until

tender and dry; add 2 egg yolks, 2 T each of butter, sugar, whipped cream and candied orange peel, shredded fine. When cool form into peach shapes, or any form desired, dip in egg, then crumbs, and fry in deep fat. Serve plain, or with fruit syrup, or with fruit, fresh or preserved.

Mashed Potatoes

For 8 potatoes use 3 T butter, ½ c cream or milk, and ½ t salt. For directions see Lesson 3, page 15.

Preparing the Meal

About 2 h before dinner start the meat cooking. An hour and a half after this wash and pare the potatoes and put on to cook in boiling salted water.

Make the croquettes, shape, egg and crumb them. When the potatoes are nearly done, heat the fat for frying the croquettes. Cook the succotash adding the seasonings before heating.

Put the dumplings into the stew, and while they are cooking fry the croquettes, draining them on brown paper.

Serve the dinner, then the dessert on small fruit plates, with fruit syrup, or fruit as desired and convenient.

BREAKFAST

Wednesday **Lesson 71**

ORANGES

CREAMED CODFISH POTATO CAKES

RYE MUFFINS COFFEE

Creamed Codfish

Wash ½ pound salt codfish; cover with cold water and soak it over night. Next morning pick it apart; cover with boiling water and cook slowly about 10 m. Drain again.

If not soaked over night put on in cold water and slowly bring it to the boiling point changing the water 2 or 3 times if necessary.

Place 2 T butter in a saucepan, and when melted add 2 T flour, mix until smooth, then add 2 c milk. Stir over the fire until boiling, add the codfish and season with pepper to taste. Place the mixture over hot water for 15 or 20 m. Just before serving add 1 well beaten egg, cook 1 m longer, then serve either plain or on toast.

Potato Cakes

To 1½ c cold mashed potatoes add 1 well beaten egg.

Mix thoroughly and shape into round flat cakes about ½ inch thick. Saute in about 2 T butter or bacon fat until golden brown on both sides.

Rye Muffins

Separate the yolks and whites of 2 eggs, beating the yolks slightly. Add 1 c milk, ½ t salt, then 1½ c rye flour and 1 t baking powder sifted together. Beat the whites of the eggs until stiff, and carefully fold into the mixture. Pour into well greased gem pans, and bake 20 m in a hot oven.

Preparing the Meal

Put the codfish on to cook, make the muffins, and while they are baking make the White Sauce for the fish. Drain the codfish and add to the sauce; place in the double boiler to cook. Make the coffee.

Beat an egg and add to the mashed potato left from the preceding evening, shape into cakes and put into frying pan to brown.

Cut the oranges in half and serve each half as a portion. Then beat the egg for the codfish and add it just before serving after the fruit has been eaten.

After breakfast, make the pie for dinner.

LUNCHEON OR SUPPER

Wednesday **Lesson 72**

MUSHROOMS WITH MACARONI AND KIDNEY
BROWN BREAD AND BUTTER HERMITS
TEA

Mushrooms with Macaroni and Kidney

Boil until tender ½ pound macaroni; blanch; return to the saucepan and add ¼ c each butter and grated cheese. Mix well together and set aside to keep warm until needed.

Make Tomato Sauce (p. 125), cooking in double boiler.

Remove the skin from a veal or lamb kidney, slice very fine, and saute in 2 T butter; when tender remove with a skimmer from the butter, and then saute in the same butter 6 mushroom caps, peeled and cut very fine. The canned or dried mushrooms may be used for this. If the dried are used they will need to be soaked several hours in cold water.

Add the mushrooms and kidney to the tomato sauce,

arrange the macaroni in a circle in a serving dish and pile the kidney mixture in the center. Serve at once very hot.

Hermits

Cream together 1 c butter and 1½ c sugar; then add 1 c chopped raisins, 3 eggs beaten well, 3 c flour sifted with 1 t cloves, 1 t nutmeg, and 1 t soda. Roll into a thin sheet, about ⅛ to ¼ inch thick, cut into rounds and bake in a slow oven until brown.

Brown Bread

One c rye meal, 1 c granulated cornmeal, 1 c graham flour, ¾ t soda, 1½ t salt, ¾ c molasses, 1¾ c milk or water. For directions see Lesson 17, page 31.

Preparing the Meal

In the morning after breakfast make the brown bread, hermits, and the lemon pie for dinner.

Then ½ h before lunch time cook the macaroni. While it is cooking slice the kidney and prepare the mushrooms, then make the tomato sauce. While that is cooking over hot water, add the cheese and butter to the drained and blanched macaroni. Saute the kidney in butter, remove when done and add to the tomato sauce, then saute the mushrooms in the same butter and add to the sauce.

Prepare the table and make the tea. Arrange the macaroni on a hot serving dish with the kidneys and mushrooms in the center.

DINNER

Wednesday **Lesson 73**

BELGIAN HARE EN CASSEROLE
SCALLOPED POTATOES BAKED SWEET POTATOES
LEMON PIE

Belgian Hare en Casserole

Separate the dressed hare into pieces at the joint; season with paprika and salt and saute in ¼ c butter with 2 or 3 slices of bacon cut in small pieces to a golden brown. Put the meat in a casserole with 1 c of hot water and put on the cover. Let stand in the oven about ½ h, then add 2 c stock, hot water, or thickened sauce or gray, 1 T lemon juice, and a bit of bay leaf. Cook in a moderate oven about 3 h. Bring to the table without removing the cover.

This may be cooked very nicely in a fireless cooker allowing, however, about 5 h for its cookery there.

Scalloped Potatoes

Wash and pare 4 medium sized potatoes. Into a buttered baking dish slice very thinly enough potatoes to cover the bottom of the dish. Over this sprinkle salt, pepper, and dots of butter. Also about ½ T flour. Now add another layer of thinly sliced potatoes and proceed as before. When the potatoes are all used sprinkle buttered breadcrumbs over the top and add milk until it comes to the top layer of the potatoes. Bake until the potatoes are tender adding more milk if necessary. The potatoes will require about 1 h to bake.

Plain Pastry

Sift 1½ c flour, ¼ t salt, and ¼ t baking powder into a chopping bowl. Flour the blade of a chopping knife, and chop ⅓ c of shortening (lard, butter, suet, snowdrift, cottolene, or a combination of any two or all) into the flour, being very careful to keep the flour between the blade of the knife and the shortening as much as possible. When the mixture looks like meal, each little particle of fat being coated with flour, add, gradually, cold water enough to make a stiff paste that is not crumbly, but sticks together without adhering to the bowl or knife. A case knife is preferable for mixing paste. When the paste, rolled with the knife into a ball, has taken up all the particles of dough or flour on the sides of the bowl, turn onto a board, lightly dredged with flour, roll about in the flour with the knife, then pat with the rolling pin into a rectangular shape and roll out to the thickness required. Dust the board with flour when necessary, but use as little as possible.

Lemon Filling

Beat the yolks of 3 eggs until light and thick; add gradually 1 c fine granulated sugar, and one at a time the unbeaten whites of 2 eggs.

Beat ¼ c butter to a cream, and add the egg mixture to this gradually, also the juice of 2 lemons, and the grated rind of 1. Cook over hot water stirring constantly until the mixture thickens, then set aside to cool while the crust

is baked over an inverted tin plate. Prick the paste here and there with a fork that it may rise evenly. When baked slide from the tin onto a plate, pour in the filling, cover with a meringue made by adding 1 T sugar to the stiffly beaten white of the third egg, and beating well. Brown and serve when thoroughly cold.

Baked Sweet Potatoes

Bake like white potatoes until soft—about 45 m. See p. 19.

Preparing the Meal

About 4 h before dinner time put the hare into the casserole and start the cooking.

About 2½ h after this prepare the scalloped potatoes. Also wash and scrub thoroughly the sweet potatoes and place both kinds in the oven to bake.

The lemon pie having been made in the morning, prepare the table, cut the pie and arrange for serving and then serve the dinner.

BREAKFAST

Thursday **Lesson 74**

RALSTON FOOD—CREAM AND SUGAR
WAFFLES MAPLE SYRUP
COFFEE

Waffles

Sift 1½ c flour, 2 t baking-powder and ¼ t salt into a mixing bowl. To 1 c rich milk add the beaten yolks of 2 eggs, and add this mixture to the flour. Mix well, then cut and fold in the stiffly beaten whites of the eggs.

Have both sides of the waffle iron hot and well greased; put a tablespoonful of the mixture into each compartment and let down the top. When the waffle is baked on one side turn the iron to brown the other. Serve at once with butter and syrup, or sprinkled with powdered sugar.

Ralston Food

Three-eighths c Ralston Food, 2 c boiling water, ½ t salt.

Preparing the Meal

Cook the cereal the day before and in the morning reheat it. Prepare the table and make the coffee.

Make sugar syrup if no maple syrup is on hand. While

making the waffle batter have the iron on the stove heating.

As soon as the cereal is eaten bake some of the waffles and serve. Waffles must be eaten as soon as they are baked to be at their best. Serve the coffee with the waffles.

After breakfast make the Shortcake and the English Cream for the dinner.

LUNCHEON OR SUPPER

Thursday **Lesson 75**

RABBIT STEW
BREAD AND BUTTER TEA

Rabbit Stew

Into a saucepan put any pieces of hare left from the preceding evening. Also add 1 c stewed tomatoes, 2 raw potatoes cut into dice, ½ onion sliced very thin, a bit of parsley and 1 c of hot water. Cook tightly covered until the potatoes are tender. If necessary thicken the gravy with a paste made of flour and water.

Preparing the Meal

About ½ h before lunch put the stew on to cook. Ten minutes before it is done set the table and make the tea. Then serve the lunch.

DINNER

Thursday **Lesson 76**

CANNELON OF BEEF
STUFFED POTATOES SCALLOPED CORN AND TOMATOES
BANANA SHORTCAKE WITH ENGLISH CREAM

Cannelon of Beef

Pass 2 pounds round steak through the food chopper several times; add ⅓ c breadcrumbs, wrung dry after having soaked in water, 1 egg well beaten, 1 T finely chopped parsley, 1 t salt, 1 t onion juice, ¼ t mace, and ¼ t pepper. Mix all the ingredients thoroughly, and shape in a roll. Bake on a rack in a small pan between 20 and 30 m. Baste frequently with fat from salt pork and hot water.

Scalloped Corn and Tomatoes

In the bottom of a buttered dish put a layer of cooked

corn; over this a layer of bread or cracker crumbs; then sprinkle with salt and pepper and dots of butter; then a layer of stewed tomatoes. Over the tomatoes place another layer of corn and proceed as above until the dish contains the desired quantity. Sprinkle the top with crumbs and dots of butter. Place in the oven and bake about 20 m or until well heated throughout and browned on top. This may be baked in individual moulds if desired.

Banana Shortcake

Cream ⅓ c butter and 1 c sugar. Add the yolks of 2 eggs and mix together until light and creamy. Now add alternately ½ c milk and 1¾ c flour sifted with 2½ t baking-powder. Lastly cut and fold in the beaten whites of 2 eggs. Bake in a square layer in a moderate oven 30 m or longer.

When baked cover the top with a thick layer of sliced bananas and over the whole pour a thick English Cream made as follows:

English Cream

Heat 1 pint of milk in a double boiler. When hot stir into it a mixture made of 1 t cornstarch and ¼ c sugar mixed to a paste with a little cold milk or water. Stir until the mixture thickens, then cook for 15 m or longer, stirring occasionally.

Beat 1 egg, add to it ¼ c sugar and ¼ t salt; mix well. When the cornstarch mixture is nearly done very slowly add the egg, cook a minute or so longer, then remove from the fire. Cool before serving. When cold add ½ t vanilla.

Stuffed Potatoes

Bake good sized potatoes for 1 h, scoop out, mash, refill the shells and brown. See Lesson 15, page 28.

Preparing the Meal

About 1¼ h before dinner time wash and scrub the potatoes for dinner and place in the oven to bake.

Prepare the corn and tomatoes for scalloping, then make the cannelon of beef. Put the meat in the oven as soon as prepared and the corn at the same time.

Slice the bananas on the shortcake that was prepared in the morning, cut into individual portions, put on the plates and pour the English Cream over each.

By this time the potatoes should be baked. Remove from the oven, cut off the tops, scoop out the interiors, mash, season and refill the shells. Place in the oven a few minutes longer for a final browning.

Remove the meat from the oven to a hot platter and make gravy if desired. Serve the corn from the dish in which it was baked.

If the "good" in the meat pan is not used for gravies, add a little hot water, thoroughly scrape up all particles adhering to the pan, and save for future gravies, soups, etc.

BREAKFAST

Friday **Lesson 77**

APPLE SAUCE
TRIPE—FRIED IN BATTER
CORNBREAD COFFEE

Tripe—Fried in Batter

Make a batter by beating 2 eggs until light, adding to them ½ c milk 1 T melted butter, and 1 c flour sifted with ¼ t salt and 2 t sugar. Beat the whole mixture together until smooth and light.

Tripe as it comes from the market is usually cooked and sometimes pickled. More cooking is generally needed to make it perfectly tender and if pickled, to remove some of the vinegar. Cut the tripe in pieces suitable for serving and boil, either in milk or water, or equal parts of each, until tender. This will require about ½ h. Remove from the water, dry, dip into the batter, draining off as much as possible, and fry in deep fat.

Cornbread

Sift together ¾ c cornmeal, ¾ c flour, ½ t salt, ½ t soda, and 1 T sugar. Mix with 1 beaten egg, and 1 c thick sour milk. Bake in a moderate oven 30 m.

Apple Sauce

Use 6 tart apples, ½ c water, ¼ t salt, sugar to taste. See Lesson 37, page 56.

Preparing the Meal

First put the tripe on to cook, then make the cornbread. Now make the coffee and dish the apple sauce which must be made previously. Make the batter for the tripe. Use the

same bowl for making this batter as was used for making the cornbread. Fry the tripe and serve the breakfast.

To save time the tripe may be cooked the preceding day and so be ready for frying in the morning.

After breakfast make graham bread and blanc mange.

LUNCHEON OR SUPPER

Friday **Lesson 78**

CABBAGE MOULD WITH MEAT BALLS AND TOMATO SAUCE
GRAHAM BREAD TEA

Cabbage Mould

Cut and reserve the interior leaves from a rather large head of cabbage, and gently steam, until tender, the large outside leaves, being very careful to preserve the shape.

Pass any meat left from the beef cannelon the preceding evening through a meat grinder, and mix with enough Thick White Sauce (p. 38) to form balls of it. If no meat is left raw meat may be ground, made into balls and broiled.

Make a Tomato Sauce according to directions, p. 125.

Either put the meat balls in the steamer with the cabbage to heat, or else drop them into a saucepan of boiling water until thoroughly hot. Of course this latter is unnecessary if the meat has to be cooked.

When the cabbage is tender, remove from the steamer, fill the center with the hot meat balls, and pour the Tomato Sauce over all. Serve at once.

Graham Bread

Sift 3 c graham flour, 1¾ t soda, and 2 t baking-powder thoroughly. Add ½ c brown sugar, ½ c molasses, and 2½ c sour milk, and beat well. Steam 3 h. If the process is to be hurried, put into small moulds such as ½ pound baking-powder tins and steam 1 h.

Preparing the Meal

Make the graham bread immediately after breakfast. Then about 35 m before lunch time, prepare the cabbage and start to cooking. While the cabbage is cooking prepare the meat balls and put in with the cabbage. Then make the Tomato Sauce. Make the tea and serve the lunch.

DINNER

Friday **Lesson 79**

BOILED SALMON—EGG SAUCE
MASHED POTATOES CARROTS IN TURNIP CUPS
PRUNE BLANC MANGE

Boiled Salmon

In cooking fish in boiling liquid two things must be kept in mind, appearance and nutritive value. Cold liquid draws out the juices, while plunging the fish in boiling liquid causes the skin to contract and crack. Consequently a medium course must be pursued.

Select a piece from the middle cut of salmon, say 2 or 3 pounds. Lower the fish fastened on a fish rack, or in the absence of this utensil, in a frying basket, or wrapped in a piece of cheese cloth, into hot water; bring quickly to the boiling point; then let simmer until the flesh separates readily from the bones, and no longer. After the simmering begins the cooking will take from 5 to 8 m per pound, according to the thickness of the fish. Let the liquid just cover the fish; add 1½ t salt and 1 T vinegar or lemon juice for each 2 quarts of water. The vinegar or lemon juice makes the flesh firm and also whitens it. When the fish is done, drain and serve with some sauce, in this case Egg Sauce.

Egg Sauce

Melt 3 T butter; add 2 T flour, ¼ t salt, and ¼ t pepper. Mix well together then add slowly, stirring all the time, 1 c hot water. Boil several minutes until the flour is thoroughly cooked, then add little by little, 2 T butter. When this is all well beaten into the mixture add 2 hard cooked eggs chopped fine. Pour over the fish and serve very hot.

Carrots in Turnip Cups

Pare small, well shaped, white turnips. Cut slices from the stem end and with a potato scoop remove the flesh leaving a cup. Throw these into boiling salted water and simmer for 20 m. Lift each one carefully with the skimmer, and turn upside down to drain. While these are cooking, cut young carrots into dice, throw them into a kettle of boiling water, and cook gently 20 m; drain in a colander. Arrange the turnip cups while hot on a heated chop plate; add to the carrots ½ t salt, a dash pepper, and ½ c cream, or

½ c milk thickened with ½ T flour. Shake over the fire until hot, then fill the turnip cups; garnish the dish with parsley and serve.

Prune Blanc Mange

Make plain blanc mange (p. 29), 4 T cornstarch, 2 T sugar, ½ c cold milk, mix, add 1½ c hot milk, ½ t salt, bring to the boil, then finish in the double boiler. About 5 m before it is done add 1 c cooked prunes, seeded and cut into small pieces; and just before moulding, 1 t vanilla.

Mashed Potatoes

For 8 potatoes use 3 T butter, ½ t salt and ½ c milk or cream. See Lesson 3, page 15.

Preparing the Meal

About ¾ h before dinner time wash and pare the potatoes and put them on to cook. Also cook the turnips and carrots, then the fish.

While these things are cooking make the Egg Sauce, and if cream is not available for the carrots, thicken the milk.

Arrange the Prune Blanc Mange which should have been made in the morning, in dessert dishes ready for serving.

Drain and mash the potatoes, drain the turnip cups and carrots, pour the dressing on the carrots, add to the turnip cups and arrange on a hot chop plate. Remove the fish from the water, drain and put on a hot platter, pour over it the Egg Sauce, garnish with parsley, and serve.

BREAKFAST

Saturday **Lesson 80**

PETTIJOHN WITH RAISINS—CREAM AND SUGAR
SCOTCH SCONES MAPLE SYRUP
COFFEE

Scotch Scones

Mix and sift together 2 c flour, 4 t baking-powder, 2 t sugar, and ½ t salt. Rub in 4 T butter with the tips of the fingers; add 2 eggs well beaten and ⅓ c cream. Toss onto a floured board, pat and roll to ¾ inch in thickness. Cut in squares, brush with white of egg, sprinkle with sugar and cinnamon, and bake in a hot oven 15 m.

Pettijohn

Three-quarters c Pettijohn, 1½ c boiling water, ½ t salt. Add ½ c washed raisins to the cereal before serving, or place a few on top of the cereal as it is served individually.

Preparing the Meal

Put the cereal on to cook and make the Scotch Scones. When they are in the oven, make the coffee, then wash and scald the raisins for the cereal. Serve the cereal, then the rest of the breakfast, having the maple syrup on the table.

Saturday's Baking

Lemon Butter

To the juice and grated rind of 3 lemons, add 3 eggs well beaten, 2 c sugar, ¾ c water, and 1 t butter. Beat all well together and boil 5 m, or until thick. Care must be taken that it does not scorch.

This will keep indefinitely, and makes a nice variation from the regular jellies.

Sweetbreads

What is known as the "sweetbread" is the thymus gland, found in the neck of the calf or lamb. Frequently, however, the pancreas of the veal or beef is sold for sweetbreads; this is inferior in quality and is not the true sweetbreads. They should be called "beef sweetbreads."

As soon as the sweetbreads come from the market wash them well, removing all blood and as much membrane as possible without tearing the sweetbreads apart. Now soak for an hour or more in cold water, changing the water as it becomes bloody.

Cover with boiling water to which salt and lemon juice or vinegar have been added in the proportion of 1 t salt and 2 T lemon juice or vinegar to every quart of water. The acid is added to whiten the sweetbreads. Lower the flame and cook below the boiling point until tender, ½ h or more. Drain, cover with cold water to harden, and when cool remove all the tubes, outside skin, membranes, etc., and separate the sweetbreads into small pieces following the lines of natural divisions.

Devil's Food Cake

Cream ¼ c butter with 1 c sugar; separate the yolks and whites of 4 eggs, putting the yolks in a mixing bowl and

the whites in a shallow dish where they can be beaten with the eggwhip. To the beaten yolks add 1 c sugar and mix until light and creamy, then combine with the butter and sugar mixture. Add 1 c milk alternately with 2⅓ c flour sifted with ½ t cinnamon, and 4 t baking-powder; then add 1 t vanilla, ½ c chocolate, melted over hot water, and lastly the whites of the eggs beaten dry. Bake in a loaf or in layers as desired. If baked in a loaf, it will require about 1 h in moderate oven. Cover with Boiled Frosting (p. 38).

Salad Dressing

Mix ½ T salt, 1 t mustard, 1½ T sugar, few grains cayenne, and ½ T flour together well; add the yolks of two eggs slightly beaten, 1½ T melted butter, ¾ c milk, and very slowly, ¼ c vinegar. Cook over boiling water until the mixture thickens; strain and cool.

Lemon Sponge

Soak 1 T gelatine in ¼ c cold water, dissolve in 1 c boiling water, add 1 c sugar and ¼ c lemon juice. Strain and as it cools beat occasionally with wire whip or Dover egg beater; when quite thick beat well and add the whites of 3 eggs beaten stiff; turn into a mould. Serve with Soft Custard.

Soft Custard

In a double-boiler scald 1 pint of milk with ¼ c sugar and ½ t salt. Add the yolks of 3 eggs beaten slightly, heated gradually by pouring some of the hot milk on them and stirring them as they are returned to the rest of the milk in the double-boiler. Stir constantly and cook until it coats the spoon; turn into a cold bowl, add 1 t vanilla and cool.

Method of Work

Immediately after breakfast make the Lemon Butter, then make the boiled Salad Dressing, cooking the sweetbreads at the same time in the lower part of the double-boiler. Next make the Devil's Food Cake and while it is baking soak the gelatine, then make the Soft Custard. Finish the Lemon Sponge and mould for serving.

LUNCHEON OR SUPPER

Saturday **Lesson 81**

RISOTTO
BREAD AND BUTTER LEMON BUTTER
TEA

Risotto

Put 1 c of rice over the fire with plenty of cold water. Let boil 5 m, then drain and rinse. Melt 2 T butter in a saucepan, add ½ onion chopped fine, and the rice; let cook until the butter is absorbed, then add 1 c tomato pulp, 1½ t salt, dash paprika, and 2 to 3 c liquid, stock or water; cook until the rice is tender and the liquid absorbed, then add ½ c grated cheese, stirring it in carefully with a fork to avoid breaking the grains of rice. Serve at once very hot.

Preparing the Meal

Make the Lemon Butter immediately after breakfast as it is much better cold than hot.

An hour before lunch time start the rice to cooking for the Risotto. Ten m before it is done prepare the table and make the tea. Then stir the grated cheese into the rice mixture and serve at once in a hot dish.

DINNER

Saturday **Lesson 82**

FLANK STEAK BRAIZED WITH VEGETABLES
BANANA SALAD WAFERS
ENGLISH APPLE TART

Flank Steak Braized with Vegetables

Score a flank steak, dredge well with flour, sprinkle with dots of butter and place in an oblong baking pan. Over this place a thick layer of thinly sliced raw potatoes; then a layer of thinly sliced onions; over the whole pour 2 c stewed tomatoes. Cover tightly and place in the oven. Cook slowly 2½ or 3 h. One-half hour before the meat is done, remove the cover, add a layer of boiled rice, if necessary more moisture, and cook uncovered the remaining time. In this case use the Risotto left from lunch instead of the plain boiled rice.

In serving carefully transfer the steak to a hot platter,

preserving the contour of the various layers. Slice down through the layers as through a loaf.

Banana and Nut Salad

Remove the skins from 4 bananas, slice through the middle, lengthwise, place the halves on a lettuce leaf on a fruit plate, cover with Salad Dressing, sprinkle with chopped nuts and serve.

English Apple Tart

Fill a deep baking dish with 4 good-sized apples sliced thinly, and sprinkle over them 3 T sugar. Remove all membrane from ¼ pound suet, chop it fine, and add gradually, while chopping, 2 c pastry flour, ½ t salt, and just enough ice-water, ¼ to ½ c, to moisten. Knead a moment, and roll it out in a sheet. Put it over the top of the apples, making a hole in the center; brush with beaten egg and bake in a moderate oven 1 h. Serve either plain or with cream and sugar.

Preparing the Meal

Three hours before dinner time prepare the steak and place in the oven. If a fireless cooker is available, after cooking ½ h in the oven the steak may be removed to the "cooker" and cooked for 5 h.

About 1¼ h before dinner make the apple tart and place in the oven. Do not make the salad until just before serving the dinner as the bananas discolor when exposed to the air.

When the dinner is served turn out the oven burners leaving the tart in the oven unless already too brown.

BREAKFAST

Sunday **Lesson 83**

CRACKED WHEAT—CREAM AND SUGAR

JELLY OMELET DRY TOAST

COFFEE

Cracked Wheat

Into 1 quart of boiling water stir 1 c cracked wheat; add ½ t salt, boil 5 m then cook in the double-boiler at least 10 h. If cooked in the fireless cooker start 24 h before needed. This requires long cooking but it is worth the extra trouble as it is a very delicious food.

Jelly Omelet

Follow directions given in Lesson 68, page 125, for Ham Omelet, omitting the chopped ham. Just before the omelet is rolled to send to the table, spread the top with currant, apple, quince or grape jelly, fold over or roll, and serve.

Dry Toast

Brown slices of dry bread ½ inch thick. Do not let stand piled together as the steam given off softens the toast.

Preparing the Meal

Reheat the previously cooked cereal. Separate the eggs and get everything ready to make the omelet. Make the coffee and toast and get the omelet pan ready. Finish the omelet and pour it into the hot buttered pan. Set over a low flame covered tightly and let cook while the cereal is being eaten. Then serve the omelet, toast and coffee.

DINNER

Sunday **Lesson 84**

CORN SOUP—WAFERS
ROAST BEEF YORKSHIRE PUDDING
FRANCONIA POTATOES
LEMON SPONGE—SOFT CUSTARD

Corn Soup

Chop ½ can corn, add 1 c water and simmer for 30 m, then rub thru a sieve. Scald 1 c milk with a thin slice of onion, when corn is ready, remove onion from the milk, add the corn, bind with a roux made of 1 T butter and 1 T flour, and season. Serve at once.

Roast Beef

For an oven roast select the rib piece. Have the rib removed and the roast rolled, but be sure to have the rib sent home with the roast. This with the tough parts of the roast that may be left and the outside skin, which will give it a good flavor, will make a fine soup for the next day. Wipe the roast with a damp cloth, sear on all sides in a hot skillet, season, set on a rack in a dripping pan, and bake at a low temperature allowing 1 h for the first 3 pounds and 20 m for each pound over. Baste frequently.

Franconia Potatoes

Pare and quarter medium sized potatoes, parboil for 5 m, drain and place in the roasting pan with the meat. Baste together with the meat.

Yorkshire Pudding

Sift 1 c flour with ¼ t salt. Add 1 c milk beating the batter until smooth and velvety. Then add 2 eggs beaten light. Cover the bottom of a hot baking pan or gem tins with the fat from the roast beef. Pour in the batter ½ inch deep. Bake in a hot oven for 20 m basting after it is well risen with the fat from the pan in which the meat is roasting. Cut in squares when serving.

Preparing the Meal

For a 4 pound roast allow about 1½ h. After the roast has been in the oven ¾ h prepare the potatoes, parboil, and place in the pan with the roast. Then make the Yorkshire Pudding. While that is baking remove the Lemon Sponge made the preceding day from the mould to a serving dish. When the meat and potatoes are done remove from the pan to a hot platter and vegetable dish and make the gravy. Serve the dinner.

Sunday **SUPPER** **Lesson 85**

CREAMED SWEETBREADS ON TOAST
DEVIL'S FOOD CAKE PRESERVED STRAWBERRIES
COCOA

Creamed Sweetbreads

Add parboiled sweetbreads broken into small pieces to 2 c Medium White Sauce (4 T butter, 4 T flour, 2 c milk), reheat, and serve on toast.

Cocoa

One-eighth t salt, 3 c milk, 1 c boiling water, 2 T cocoa, 2 T sugar, 1 t cornstarch. See lesson 2, page 13.

Preparing the Meal

Cook the sweetbreads on Saturday so that all that is necessary on Sunday is to make the White Sauce, which should be cooked about 15 m before supper time. While cooking make the cocoa, then the toast. Cut the cake, pour the strawberries into a berry dish.

Add the sweetbreads to the White Sauce. Dip each slice of toast quickly into boiling salted water, place on a platter, and pour the Creamed Sweetbreads over them.

CHRISTMAS DINNER

Lesson 86

SHRIMP COCKTAIL
ROAST GOOSE—APPLE AND PRUNE STUFFING
RICED POTATOES TURNIP SOUFFLE
CURRANT JELLY
WALDORF SALAD IN RED APPLE SHELLS
SNOW BALLS WITH STRAWBERRY SAUCE
SALTED ALMONDS BONBONS

Color Scheme—Red, Green and White.

Table Decoration

The following is a simple and effective table decoration. Lay an open work centerpiece over a foundation of red paper. Outline with sprays of holly. Heap cotton lightly in the center and sprinkle with diamond dust. In the midst stand a pretty deer. Fasten red baby ribbon to its neck and extend to each place, tying a sprig of holly or a favor to the end and lay on each napkin. A Santa Claus standing at the head of the deer adds greatly to the effect.

Shrimp Cocktail

Wash the contents of 1 can of dry shrimps in cold water. Let lay for 15 m in salt water. Drain, split them in half lengthwise. Remove the intestinal canal which lies along the back and looks like a tiny black thread.

Arrange lettuce leaves on a salad plate and lay the halves of the shrimps, split side down, in a circle. Set a tiny cup filled with cocktail sauce in the center. The cup may be any one of the varieties of the little paper cups that would be suitable to the occasion, or may be the halves of small lemons, the pulp being removed and the edge cut in points. One can of shrimp serves eight.

Cocktail Sauce

Mix 2 T prepared horseradish, 2 drops of Tabasco sauce, juice of 1 lemon, ½ c red tomato catsup, and a dash of cayenne. Serve with the cocktail.

Apple and Prune Stuffing

Mix well 3 c dry bread crumbs with 2 T melted butter, 1 t salt, a dash of pepper and paprika, and ½ t thyme. Then add 1 c tart apples cut into cubes, ½ c stoned raw prunes, and ½ c English walnuts broken into pieces.

Roast Goose

Follow directions for dressing a fowl given in Part III. Be sure to scrub well both inside and out using plenty of soap or soda. Then rinse with boiling water. Dry, rub the outside with flour and breadcrumbs mixed in equal proportions. Season with salt and pepper.

Bake about 3 h basting from time to time with the fat as it cooks out. Then pour the fat from the pan and baste occasionally with water during the last hour.

For an 8 pound goose allow 4 h at a very low temperature.

Turnip Souffle

To ½ c thick White Sauce (p. 38) add 1 c turnips, cooked and mashed, and the yolks of 2 eggs beaten well. Season with salt and pepper and then cool. Cut and fold in the whites of the eggs beaten stiff. Turn into a buttered baking dish and bake in a slow oven about 40 m or until firm.

Waldorf Salad

Select even-sized, well-colored, red Jonathan apples. Cut a slice from the stem end thick enough to include the stem which will serve for a handle. Scoop out the center of the apple, being careful to keep the pieces large enough for the salad, leaving a perfect shell.

Mix the apple with an equal quantity of celery, ½ c Malaga grapes, halved and seeded, and ½ c English walnuts. Mix with Lemon Cream Sauce, p. 99. Fill the apple shells with the salad and cover with the tops. Serve on lettuce leaves on salad plates. If there is too much to fill the apples put into a bowl and cover tightly with a wet cloth.

Snow Balls

Cream ½ c butter, add gradually 1 c sugar, and alternate ½ c milk with 2¼ c flour sifted with 3½ t baking-powder. Then cut and fold in the whites of 4 eggs beaten stiff. Steam 35 m in buttered cups. Turn out on serving plates and pour Strawberry Sauce around.

Strawberry Sauce

Cream ¼ c butter, add gradually ½ c powdered sugar, to the white of 1 egg beaten stiff, and 1 c preserved strawberries. Beat well until all are blended and the sauce light and foamy. Either preserved or fresh fruit may be used as desired. Serve on the hot pudding.

Preparing the Meal

Dress the goose the night before. Stuff and truss in the morning and begin baking at 9 o'clock. Cook and mash the turnips and prepare the souffle up to the point of adding the whites of the eggs.

Wash the lettuce, wrap in a cloth or paper and lay in a cold place. Peel the potatoes and let them stand in cold water, then make the pudding sauce.

Set the table, arranging the decorations and getting everything as nearly ready as possible, putting on the jelly, etc. At 11 o'clock fix the shrimps and the cocktail sauce and set in a cool place until needed. Then prepare the salad. About 12 o'clock make the snow balls. Put the potatoes on to boil and steam the snow balls over them. Finish the souffle and set to bake. Put bread, butter, water, etc., on the table.

Arrange the shrimp cocktail on the salad plates and put on the table. Remove the goose to a hot platter and put in the warming oven. Make the gravy. Take the potatoes out of the boiling water and rice them, leaving the snowballs standing in the steamer over the boiling water. Let the souffle remain in the oven until ready to serve.

Have the bon bons and salted nuts in dishes on the side table and the dessert dishes ready for the snowballs.

DECEMBER MENUS—COST AND FOOD VALUE—FOUR PERSONS

Supplies—	Cost.	Food Units. Total.	Protein.	Fat.	Starch. & Sugar.
6 lbs. Flour	$	9,840	1,180	294	8,366
1-7 lb. Cornstarch		265	.....	.....	265
⅝ lb. Cornmeal		1,086	98	119	869
4 lbs. Bread		4,820	626	290	3,904
¼ lb. Crackers		400	36	80	284
⅛ pkg. Sh'd Wheat		510	66	23	421
⅛ pkg. Ralston		354	53	18	283
⅛ pkg. Pettijohn		426	77	30	319
½ lb. Cracked Wheat		852	154	60	638
¾ lb. Rice		1,224	108	12	1,104
½ lb. Macaroni		800	120	16	664
6½ lbs. Sugar		12,090	.....	.....	12,090
1 pt. Syrup		2,000	.....	.....	2,000
½ pt. Maple Syrup		1,000	.....	.....	1,000
½ pt. Raspberry Jam		1,000	.....	.....	1,000
1 lb. Sausage		1,600	304	1,296	.....
8 lbs. Ham		4,800	912	3,888	.....
1 lb. Veal Stew		480	202	278	.....
⅓ lb. Codfish		200	190	10	.....
1 Kidney		300	183	117	.....
3 lbs. Rabbit		2,070	828	1,242	.....
1½ lbs. Round Steak		1,665	900	765	.....
¾ lbs. Tripe		300	250	50	.....
2 lbs. Salmon		2,144	640	1,504	.....
1½ lbs. Flank Steak		907	381	526	.....
4 lbs. Roast Beef		4,440	2,398	2,042	.....
1 pr. Sweetbreads		576	352	224	.....
4 doz. Eggs		3,808	1,220	2,588	.....
6 qts. Milk		3,900	741	2,028	1,131
3 pts. Cream		2,730	136	2,348	246
⅜ lb. Cheese		771	194	562	15
3 lbs. Butter		10,815	54	10,761	.....
¼ lb. Suet		881	4	877	.....
1 p. Potatoes		2,247	247	22	1,978
½ Pumpkin		224	16	16	192
2 cans Tomatoes		420	88	30	302
1 can Succotash		651	116	97	438
1 small can Mushrooms		50	15	4	31
⅙ pk. Sweet Potatoes		600	32	88	480
1 can Corn		500	65	50	385
1 Cabbage		217	43	18	156
4 Turnips		100	13	4	83
3 Carrots		100	10	8	82
4 Onions		100	13	5	82
1 bunch Celery		50	12	2	36
1 Egg Plant		100	17	10	73
½ lb. Prunes		800	24	.....	776
¼ pk. Apples		440	13	31	396
½ lb. Figs		600	30	.....	570
½ doz. Lemons		219	21	30	168
3 Oranges		255	15	9	231
¼ can Peaches		100	4	2	94
½ lb. Raisins		600	18	54	528
½ doz. Bananas		450	21	24	405
1 can Strawberries		800	64	.....	736
⅓ lb. Cocoa		72	12	38	22
¼ lb. Chocolate		600	48	432	120
⅞ lb. Coffee		.....	.....	.....	.....
⅛ lb. Tea		.....	.....	.....	.....
Total for Week	$	89,349	13,364	33,022	42,963

Food Units per Day—12,764. Food Units per Day per Person—3,191.
Cost of Food per Day—$ Cost per Day per Person—$0.
Of the Total Food Value 15% is Protein, 37% is Fat and 48% is Starch and Sugar.

SUGGESTIONS FOR REDUCING THE COST OF DECEMBER MENUS

Substitute oleomargarine for butter in cooking. Use top of milk in place of cream for cereal and coffee. In cooking with milk reduce by adding half water, or buy skimmed milk at $ a quart.

In L. 65 serve toast instead of muffins. Also use ¼ pound bacon instead of 1 pound sausage. Get a 5 pound soup bone Monday. For lunch, L. 66, have a vegetable soup with stock instead of cream of celery soup. For dinner, L. 67, instead of boiled ham, chop the soup meat, add to it ¼ c currants, ½ t cinnamon, clove and allspice mixed, 1 c bread crumbs, 1 egg, and ½ c stock for each 2 c meat. Form into a loaf and bake 20 min in a moderate oven, or until well heated throughout and browned on top. In pumpkin timbales use one whole egg instead of the two eggs. Omit the cream with the jellied figs. In L. 68 omit the peaches with the cereal. In L. 69 serve the omelet plain and omit the raspberry jam. In L. 70 use 1 whole egg instead of 2 yolks in the sweet rice croquettes. Omit the oranges in L. 71; also the egg in the creamed codfish. Use plain bread and butter in place of the rye muffins. In L. 72 omit the mushrooms from the macaroni dish; also use but half of the hermit recipe.

In L. 73, if the rabbit must be purchased, substitute 1 pound round steak for brown stew (p. 51). Also serve bread pudding (see recipe, p. 49) instead of lemon pie. In L. 76 make a shortcake as on p. 47. In L. 77 use but 1 egg in the batter for tripe, adding ¼ c water. In L. 79 omit the egg sauce for the salmon, of which 1 pound instead of 2 will be sufficient. In L. 80 serve buttered toast instead of Scotch scones. In L. 82 omit the banana salad and wafers. In L. 84 substitute 1½ lbs ham for 4 lbs roast beef. Also omit the Yorkshire pudding and serve mashed, instead of franconia potatoes. Also serve plain lettuce. In L. 85 substitute creamed eggs for sweetbreads, also sliced bananas for canned strawberries.

ESTIMATED REDUCTION—OMISSIONS AND SUBSTITUTIONS

1½ lb. Butter, $ — less
1½ lb. Oleo .....$
3 pts. Cream.....
2 qts. Milk.....
1 lb. Sausage $ less
¼ lb. Bacon .....
1½ dozen eggs (saved in muffins, shortcake, etc.).....
3 lbs. Ham $ less
$0.25 Soup Bone.....
¼ can Peaches.....
½ pt. Raspberry Jam.....
2 Oranges.....
Original Total Cost....$
Reduction .....

New Total Cost per wk.$

Lemon Pie $ less
Bread Pudding $ .....$
Butter reduced by substitutions ½ lb.....
1 small can Mushrooms.....
Rabbit .....
1 lb. Salmon.....
4 Bananas.....
4 lbs. Roast Beef $ less
1½ lbs. Ham less
1 pr. Sweetbreads less
4 Eggs ....
Canned Strawberries less
4 Bananas ....

$

$ New Cost per Day.
$ New Cost per Day per Person.

JANUARY MENUS

FUEL-SAVING COOK STOVES

An oil stove with "fireless-cooker" oven and gas range also with an insulated oven, which has an automatic time shut-off arrangement. An electric range, now on the market, is equipped with insulated ovens having turn-on, operated by a clock and shut-off regulated by the temperature of the oven.

LESSONS IN COOKING

PART V

FUELS AND STOVES

Whatever the kind of stove used one rule will apply to all—*know your stove.* Understand the principle of its construction; if there are dampers, find out the use of each; study the drafts; know the properties of the fuel used so as to economize and yet secure the best results.

In appearance the stove should be plain and neat. Ornaments and nickled trimmings mean loss of time and strength spent in polishing, and add to the cost of the stove without adding to its merit.

Coal

Hard or anthracite coal kindles with difficulty, but when lighted, burns with intense heat and little flame. It is clean to handle, contains almost no gas, and makes a steady continuous fire, requiring very little attention. While its cost is high in places distant from Pennsylvania, many consider these qualities make it the best fuel for winter use.

Soft or bituminous coal kindles easily, and burns with considerable flame when first lighted, giving off gas and much soot. In a short time it is reduced to bright red coals. This stage in its combustion is best for cooking as the heat is more steady. Its cost is one-half to one-third that of hard coal. It heats more quickly, but does not last so long. Only the free-burning varieties of soft coals are at all suitable for cooking. The coking coals contain a very large percentage of gas, which gives much soot, and in burning forms a crust over the fire which prevents good combustion.

Wood

Wood is a clean fuel, lights readily and heats quickly. It burns out so rapidly that it requires a good deal of attention to keep an even fire.

Hard wood like oak lasts well and makes a fairly steady fire. Soft wood like pine is used as a fuel only in localities where it is very plentiful, because it burns out so quickly, requiring much attention. It is best for kindling fires.

Coke

Coke is superior to soft coal for cooking in that it is a much cleaner fuel and gives off no soot or gas. Coke, which is made in special coke ovens for use in blast furnaces and for domestic use, can now be obtained in all the larger cities. The coke which is obtained as a by-product in the manufacture of illuminating gas is much softer and dirtier.

Coke is very bulky for its weight, it kindles easily, making a very intense heat but does not last nearly so long as hard coal. It is very helpful in starting the fire when hard coal is used, and for increasing the heat quickly. Its price is somewhat less than hard coal, but more than soft coal.

Gas

Gas is the quickest, cleanest and most convenient fuel to use. Its cost is sometimes greater than that of other fuels, but the fact that it can be lighted just at the moment of use and instantly turned out when not needed, eliminates all waste, thus economizing both time and money.

The best gas stoves and ranges are now made with the broiling and baking ovens above the level of the top of the stove, doing away with the stooping and inconvenience caused by the old style.

In selecting these stoves see that the top grates are movable and that the stove can be readily cleaned. As the stoves become old the valve handles turn easily and are sometimes turned on without the knowledge of the worker, allowing the gas to escape, which may lead to an explosion. There is usually a nut for tightening the valves, which should be turned until they are no longer loose.

In lighting gas stoves let the gas flow for a second before applying the match; otherwise the gas may burn back producing a yellow flame which soils utensils, and gives off poisonous and odorous by-products. If this occurs turn out immediately and relight. Closing of the air slots of the burner from any cause will give a yellow, smoky flame.

Before lighting the oven be sure to open the oven door until the burners are well lighted. This is to guard against the explosion of gas which might have leaked into the oven.

How to Use Gas

1. Have the article ready and on the burner before the gas is lighted.

2. Never turn the gas so high that the red flame shows as that means imperfect combustion.

3. As soon as the liquid begins to boil turn the gas down until there is just enough heat to keep it boiling.

4. Use the simmering jet whenever possible. It supplies sufficient heat to keep a large kettle of water boiling.

5. In most baking, turn out one oven burner or lower both after the first fifteen minutes.

6. A small oven set on top of the stove over one burner, for baking small quantities, will reduce the gas bill. In a test of baking a pan of muffins, 4 cubic feet of gas were consumed with a small portable oven against 12 cubic feet in the large oven.

Rates of Consumption of Gas

The following figures are the results given by careful tests made by Miss Bertha M. Terrill:

TOP BURNERS.

Single burner, full, consumes 1 ft. in 4 to 5 m., or 12 to 15 ft. per hour.

Single burner, just boiling, consumes 1 ft. in 15 to 19 m., or 3 to 4 ft. per hour.

Single burner, simmering height, consumes 1 ft. in 29 m., or about 2 ft. per hour.

Double burner, full, consumes 1 ft. in 2 m., or 30 ft. per hour.

OVEN BURNERS.

Two burners, full, consume 1 ft. in 1 m., or 60 ft. per hour.

One burner, full, consumes 1 ft. in 2 m., or 30 ft. per hour.

One burner, half on, consumes 1 ft. in 3 m., or 20 ft. per hour.

Electricity

Electricity is the ideal source of heat for cooking, but in most places is too expensive for the average home use. It is absolutely without dirt, can be controlled perfectly, and can be used in any part of the house where the connection with the electric wires may be made.

Recently electric stoves have been greatly improved and lessened in price, and there are now on the market "electric fireless cookers," which use little current. With electricity at 4 cents a Kw. they are said to cook a meal at less expense than with gas at $1.00 per 1,000 cu. ft.

At the present time electric toasters, heating plates, chafing dishes, and coffee percolators are largely used in dining rooms where attachments can be made with the electric current. These are very convenient and if used carefully are not expensive.

Gasoline

Accidents arising from the misuse of gasoline have created a prejudice against it as a fuel, but if used with care and judgment, it can well replace coal and wood in the warm, if not in the cold weather. When open to the air gasoline is constantly giving off a highly inflammable and explosive gas so that it should never be used in a room where there is a fire or an open flame.

Coal Oil

Kerosene or coal oil is much in use as a hot weather substitute for coal and wood. The objections to its use are the odor, soot and grease. If the stoves are kept thoroughly clean these objections are minimized. A cloth wet with gasoline will take off the grease more quickly and effectually than anything else.

Alcohol

Since "denatured alcohol" has been manufactured and the tax on fuel alcohol removed in 1907, the price has been reduced somewhat, but it still costs from 50 cents to 65 cents or more a gallon. As it has only two-thirds the heating power of kerosene or gasoline, it is an economical fuel only for cooking in small quantities. It is safer to use than gasoline, but not so safe as kerosene.

Coal and Wood Stoves

The same general principle is observed in the construction of these different stoves, namely a good firebox, drafts, an oven damper, and a chimney damper. A good steel range represents the highest development in cook stoves.

The fire box and grate are suited to the fuels used, the grate being coarse for wood and fine for coal. A rocking grate is better than the older form which shakes by a backward and forward motion. The front drafts regulate the amount of air admitted; the chimney damper when open, creates a strong draft, drawing the air through the

fuel and thus increasing combustion. The oven damper, when closed, throws the heat into the oven, when open, permits it to be drawn up the chimney.

In lighting a fire open front drafts and chimney dampers, until the fuel is burning briskly, then close all to conserve the heat. Keep the oven damper closed except when it is desirable to cool off the oven or to increase the draft to make the fire burn better. Watch the fire, replenishing the fuel before it burns too low, thus economizing on fuel. In using soft coal a little air should be admitted over the fire when coal is first put on to burn the gases driven off.

In selecting a wood or coal stove see that the dampers work easily and perfectly; that the ash box is large enough and can be readily cleaned; that the side door when opened will not scatter ashes on the floor; that the oven is a good shape and size and suited to the needs of the family; that the stove can be readily and easily cleaned inside, which should be done at least every six months or oftener if soft coal is used.

Keep the ash pit free from ashes for if they accumulate too much the grate becomes overheated and will warp or burn out.

The Labor Saving Cook Stove

When coal is used as a fuel it should if possible be stored in a bin on the same floor as the stove. A good plan is to have the bottom of the bin raised about a foot and a half from the floor, with a door in the bin connected with a shute, so that all that is necessary in getting the coal is to pull up the door and let the coal run into the hod.

A number of stoves are now on the market having the ash pit connected with a 3 or 4 inch sheet iron pipe which passes through the kitchen floor into a covered ash can in the basement. This saves the disagreeable and dirty task of emptying ashes.

These two devices could be put in with little expense or trouble and would save much time and labor over the usual method of shoveling coal into a hod in the cellar, carrying it upstairs, then shoveling out the ashes and carrying them downstairs, and cleaning up afterwards.

Gasoline Stoves

By far the largest number of gasoline accidents result from filling the tank when the stove is lighted. *Never do this under any circumstances.* If using an upright tank, close the burners, that is turn out the fire, then turn down the tank and fill, being careful not to fill it to the top. Close tightly and wipe off every drop of fluid which may have fallen on the outer surfaces of the tank.

The detachable tank should be taken from the stove to a lower place where it may be filled, covered tightly, wiped off and replaced. Before taking off the tank, be sure that the burners are closed.

If at any time gasoline is spilled upon the floor, stove, hands, or garments, do not strike a match until it has been wiped up.

Be sure the gas generator is well heated according to directions before the gasoline is turned on.

Do not place these stoves in a draft; the flame may be blown out and the gasoline run down upon the stove shelf and the floor. If you find that the stove has gone out after being lighted, close the burners and examine carefully to see if gasoline has escaped. If so, do not relight until the gasoline has been thoroughly dried up and evaporated.

Kerosene Stoves

Some of the blue flame oil stoves have no wick, while others have. The gas is generated from the oil and is mixed with air before burning. It burns without soot or smoke and when such stoves are given reasonable care they are entirely satisfactory. The three hole wick blue flame stoves cost about $7.00.

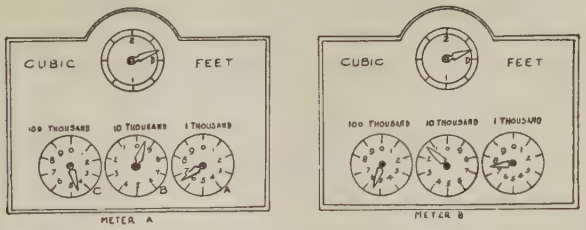
The two or three burner lamp stoves with small oven to fit may be used with satisfaction if given the proper care and cleaning. Have the oil tank full of oil; do not burn many hours in succession, but give time to cool off; keep the wick clean and even; set the stove in a place free from drafts as it is liable to smoke otherwise. A three burner lamp stove with a small oven may be purchased for about $5.00.

READING METERS

Gas Meters

A gas meter has three dials each numbered from one to ten. The first dial is called the "1 thousand" and measures in hundred cubic feet up to 1,000 cubic feet. The figures on it run from right to left. The second dial called "10 thousand" measures in thousands up to ten thousand cubic feet, and the figures run from left to right. The third called "100 thousand" measures in ten thousands up to one hundred thousand cubic feet and the figures run from right to left.

To read the meter begin with the dial on the right and note the figure the hand last passed over, remembering that it is so many *hundred* cubit feet. For example, if 2 is the last figure the hand has passed over, it reads 200 cubic feet. In the second dial the hand is moving from left to right and the figure last passed over is next taken. On the third dial the hand is moving from right to left and the figure last passed over is taken. The small dial at the top registers two cubic feet and is for showing leaks.



In reading Meter A, dial I reads 6, that is.... 600 cubic feet
In reading Meter A, dial II reads 9, that is.... 9,000 cubic feet
In reading Meter A, dial III reads 4, that is....40,000 cubic feet

June 1st, the total reading is.....49,600 cubic feet

In reading Meter B, dial I reads 7, that is.... 700 cubic feet
In reading Meter B, dial II reads 1, that is.... 1,000 cubic feet
In reading Meter B, dial III reads 5, that is....50,000 cubic feet

July 1st, the total reading is.....51,700 cubic feet
June 1st, the total reading is.....49,600 cubic feet

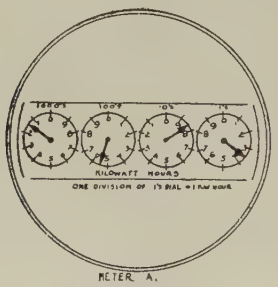
Gas used in June..... 2,100 cubic feet

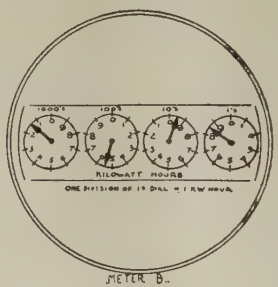
At $1.00 per 1,000 cubic feet the gas bill for June is reckoned by dividing 2,100 by 1,000, this to ascertain the number of "thousands" used. The result is 2.1. If 1,000 cubic feet cost $1.00, 2.1 thousands will cost 2.1 times $1.00 or 2.10, that is $2.10 the amount of the gas bill.

Electric Meter

The electric meter like the gas meter is composed of dials, but the unit of measure is the "watt" or "watt-hour." One thousand watts is a kilo-watt. Bills are usually measured in kilowatts.

The method of reading is exactly the same as the gas meter—taking always the lower figure next to each hand, being careful to note that the hands on the alternate dials move in opposite directions.





In reading Meter A, dial	I reads	3	kilowatts
In reading Meter A, dial	II reads	80	kilowatts
In reading Meter A, dial	III reads	500	kilowatts
In reading Meter A, dial	IV reads	1,000	kilowatts
June 1st, the total is		1,583	kilowatts
In reading Meter B, dial	I reads	8	kilowatts
In reading Meter B, dial	II reads	90	kilowatts
In reading Meter B, dial	III reads	500	kilowatts
In reading Meter B, dial	IV reads	1,000	kilowatts
July 1st, the total reading is		1,598	kilowatts
June 1st, the total reading is		1,583	kilowatts
Electricity used in June		15	kilowatts

At an average cost of 10 cents per kilowatt hour the bill for electricity for June will be $1.50.

The Constant

Some meters have upon them the word "constant" followed by a figure. In such case the reading of the meter must be multiplied by this figure in order to get the correct total. For example if the constant is ½ then the reading must be multiplied by ½. Hence in the above reading if there had been a constant of ½ the total reading would be 15 times ½ or 7½ kilowatt hours.

Relative Cost of Fuels

A number of experiments have been made to find the relative cost of fuels in cooking, but they would not be applicable to all home conditions, as many times the heat from the fuel is required for other purposes. But the actual cost of cooking the same dinner, including soupstock, with coal, gas and kerosene, was found from experiments made at the University of Chicago, to be as follows:—coal, $.0605, gas $.0334, and kerosene $.0353. The price of coal was $7.75 a ton, gas 85 cents per 1,000 feet, kerosene 12 cents a gallon. Compared as to quantities, one ton of hard coal was equivalent to 5,000 cubic feet of gas, and 1,000 feet of gas to 8 gallons of kerosene.

Gasoline has nearly the same fuel value as kerosene. A cord of dry hard wood has about the fuel value of half a ton of coal.

Acetylene gas is sometimes used for cooking; it has about five times the fuel value of ordinary illuminating gas, and costs about $1.25 per 100 cubic feet.

THE FIRELESS COOKER

Non-conduction of heat is the principle employed in the "fireless cooker." This is obtained by a box having a packing of some non-conducting material three or four inches thick all around, and utensils with very tight covers. It can be of simple home construction, such as a box lined with fine hay, feathers, ground cork, saw dust, excelsior or crumpled paper; or one of the many patented cookers now on the market. Some of these cookers provide only for the retention of the heat already in the article when put into the box. In such cases the cooking must be done in a consider-

able volume of water. But the later models are provided with soapstone or iron radiators which are heated over the stove and then transferred to the cooker. In this way dry cooking, baking and roasting can be done successfully.

A combination gas stove and fireless cooker is one of the latest conveniences. The oven is arranged as a fireless cooker, the article is set in, the gas lighted, and when a certain temperature is reached the gas is turned off and the oven closing tightly becomes a fireless cooker.

Another contrivance is the electric fireless cooker in which the current is shut off automatically.

The advantages of a fireless cooker are economy, convenience, and in many cases better cooked food. Their disadvantage is that the meal must be started two or three hours or more before it is served, which is not always convenient.

The economy is greatest when high priced electricity or gas are the fuels used for cooking. A twenty minute burning of gas provides for an extended cooking of from two to ten hours. The saving varies from three-fourths to two-thirds.

The convenience of the cooker is greatly appreciated by the busy housewife or one who is compelled to be away from the home. An entire dinner can be put into the cooker in the morning, given no attention whatever during the day, and with 10 m work is ready to serve.

The quality of the food is often improved by the long cooking at the lower temperature. This is especially true of meats, dried fruits, vegetables and cereals.

Caution—After meats have been in the cooker long enough to allow the temperature to drop to that of blood heat they must be removed immediately and either cooled quickly or else reheated. Otherwise decomposition sets in very rapidly at this temperature, and if the meat be eaten later may cause serious trouble.

JANUARY MENUS

Monday **Lesson 87**

BREAKFAST

OATMEAL CREAM AND SUGAR
BUCKWHEAT CAKES SYRUP
COFFEE

Buckwheat Cakes

To 2 c scalded milk, cooled, add ¼ cake of yeast dissolved in ½ c lukewarm water, ½ t salt, and buckwheat flour to make a thin batter, about 2 c. Let rise over night in warm place. In the morning stir well, add 1 T molasses, ¼ t soda, dissolved in 2 T lukewarm water. Mix well together and drop by spoonfuls on a hot greased griddle; cook on one side; when puffed, full of bubbles, and cooked on the edges, turn and cook on the other side. Serve with butter and syrup.

Oatmeal

Use ¾ c rolled oats, 2 c boiling water, ½ t salt.

Preparing the Meal

Reheat the oatmeal previously cooked. Make the syrup if not on hand. Stir the buckwheat batter and add the molasses and soda. Heat the griddle and make the coffee.

Serve the cereal and begin the baking of the cakes.

Monday **LUNCHEON OR SUPPER** **Lesson 88**

WELSH RAREBIT ON CRACKERS
BREAD AND BUTTER STEWED PEARS
COCOA

Welsh Rarebit

Melt 1 T butter, add 2 t cornstarch, and stir until well mixed, then add gradually ½ c thin cream, stirring constantly, and cook 2 m. Add ½ pound mild cheese cut into small pieces, and stir until the cheese is melted. Season with ¾ t salt, ¼ t mustard, and a few grains of cayenne. Add the yolk of 1 egg beaten slightly, cook 2 m and fold in the stiffly beaten white of the egg.

Pour over crackers or toast. Cook in a skillet or chafing dish; heat slowly after the cheese is added or the rarebit may become stringy.

Cocoa

Use 3 c milk, 1 c water, 2 T cocoa, 2 T sugar, 1 t cornstarch, ⅛ t salt, 1 t vanilla. (p. 13.)

Preparing the Meal

Make the cocoa, then the rarebit, and serve the lunch.

DINNER

Monday **Lesson 89**

BRAIZED HEART WITH DRESSING
BAKED POTATOES CREAMED ONIONS
APPLE FARCI AND CREAM

Braized Heart

Wash a calf's heart and remove the veins, arteries, and clotted blood; stuff with bread dressing ¾ c bread crumbs, ¼ c stock or hot water, 1 t sage, ground, 1 T chopped onion, 1 t chopped red pepper, and 1 t salt, and sew together at the top. Sprinkle with salt and pepper, roll in flour and brown in hot fat; place in a small deep baking pan, fill the pan half full of boiling water, cover closely, and bake slowly 2 h, basting every 15 m. It may be necessary to add more water. Remove the heart from the pan and thicken the liquor with flour mixed to a thin paste with cold water, using 2 T flour for every c of liquid. Season with salt and pepper and pour around the heart before serving.

Creamed Onions

Remove the outer skins from 6 good sized onions and boil until tender, about 1 h. Cover with 1½ c medium white sauce (3 T butter, 3 T flour, p. 38), and serve.

Apple Farci

Wash and core 4 good sized apples, Jonathan preferred. With a vegetable scoop or a teaspoon remove several pieces from the sides of each apple, taking care, however, that the cavity so made does not extend to the core.

Put 4 figs, 8 dates, ¼ c raisins, ¼ c nut meats, and the pieces of apple through the food chopper, and fill the cavities of the apples, cores and all with this mixture. Place in a small baking pan with ½ c water and 2 T butter, sprinkle with ¼ c sugar, cover and bake slowly until tender. Remove from the pan, adding whatever syrup there may be left to each apple, and serve either plain or with cream.

Preparing the Meal

About 2 h before dinner time stuff and bake the heart.

Prepare onions and potatoes. If the onions are of medium size allow 1 h for cooking. If large allow 2 h or cut in quarters. Put the potatoes in to bake (p. 19) 1 h before dinner. Make the Apple Farci.

Fifteen minutes before serving make the White Sauce for the onions, drain the onions, put into a serving dish, and cover with the White Sauce.

Remove the heart from the pan and make gravy, if desired. Serve the dinner.

BREAKFAST

Tuesday **Lesson 90**

PETTIJOHN CREAM AND SUGAR
LAMB CHOPS CORNMEAL MUFFINS
COFFEE

Cornmeal Muffins

Cream ¼ c butter, add ¾ c sugar, 2 eggs well beaten and 1 c milk alternately with 2 c flour, 1 c cornmeal, 4 t baking-powder, and ½ t salt sifted together. Pour into buttered muffin pans and bake 25 m in a hot oven.

Pettijohn

Use 1 c pettijohn, 2 c boiling water, ½ t salt.

Preparing the Meal

Reheat the cereal. Make the muffins and coffee and broil the lamb chops (p. 22). Leave the muffins in the oven and the chops where they will keep hot while the cereal is served.

LUNCHEON OR SUPPER

Tuesday **Lesson 91**

CREAM OF RICE SOUP
DELMONICO POTATOES BREAD AND BUTTER
TEA

Cream of Rice Soup

Blanch ¼ c rice, put into a double boiler with 1 qt. of milk and cook slowly ½ h or until tender. While cooking, chop ½ onion and 2 stalks celery fine, and put into a frying pan with 2 T butter. Cook slowly until the onion and celery are tender, then add to the soup together with 1 t salt and a dash of pepper. Cook a few m longer, press through a vegetable sieve, reheat and serve.

If desired 1 c *cooked* rice may be used. Add to 1 qt. hot

milk and proceed as above. Cook sufficient rice (1 c, see p. 44) for L. 92 and L. 93.

Delmonico Potatoes

Chop cold boiled or baked potatoes into bits the size of peas; add an equal quantity of Medium White Sauce (p. 38). Pour into a buttered baking dish, cover the top with buttered cracker or bread crumbs, and bake about 15 m in a hot oven.

Preparing the Meal

Make the Cream of Rice Soup. Then prepare the Delmonico Potatoes using the potatoes left from the preceding dinner. Make the tea and serve the lunch.

Tuesday **DINNER** **Lesson 92**

HAM AND EGGS A LA BURG
SCALLOPED RICE AND TOMATOES
CELERY, APPLE, AND GREEN PEPPER SALAD
SPANISH SOUFFLE—SABYON SAUCE

Ham and Eggs a la Burg

Parboil 1 slice of ham 10 m, and pan broil; remove to a platter and cut into pieces for serving. To the fat in the pan add 1 T flour, mix well and add 1 c milk. Stir and cook until creamy.

Break 4 eggs, one at a time, into a wet saucer, and carefully slip into the hot cream, sprinkle with paprika, cover and cook until the eggs are set; remove each egg with a skimmer, arrange on the pieces of ham, and pour the sauce over all.

Scalloped Rice and Tomatoes

Arrange alternate layers of boiled rice and tomatoes in a baking dish; season with salt and pepper, cover with buttered crumbs and bake until well heated throughout and the crumbs are browned.

Celery, Apple and Green Pepper Salad

Cut 2 stalks celery into ½ inch cubes, scald 1 green pepper from which the veins and seeds have been removed, drain and cut into fine shreds. Pare 2 apples and cut into cubes. Chop ½ c nut meats. Toss all together with 2 forks, cover with Salad Dressing (p. 29) and serve on lettuce leaf.

Spanish Souffle

Melt ¼ c butter, add ½ c stale bread crumbs and cook until slightly browned, stirring often. Add 1 c milk, 2 T sugar, and cook 20 m in a double-boiler; remove from the fire, add the unbeaten yolks of 3 eggs, stirring in very slowly, 1 t vanilla, and then cut and fold in the stiffly beaten whites. Turn into a buttered baking dish set in a pan of hot water, and bake until firm, about 35 or 40 m.

Sabyon Sauce

Mix the juice and grated rind of ½ lemon, ½ c fruit juice, ⅓ c sugar, and the yolks of 2 eggs in a double-boiler. Cook until the mixture thickens, beating constantly, then pour onto the whites of the eggs beaten stiff.

Preparing the Meal

About 1½ h before serving cook ¾ c rice according to directions given in L. 24. p. 44. Prepare the ingredients for the salad, sprinkling lemon juice over the apple to prevent discoloration, and set in a cool place.

Make the Spanish Souffle, then prepare the Scalloped Rice and Tomatoes, reserving 2 c of the rice for future use.

While the ham is parboiling finish the salad and arrange for serving; make the Sabyon Sauce for the dessert. Then broil the ham, make the cream sauce, and poach the eggs.

Serve the dinner.

BREAKFAST

Wednesday **Lesson 93**

TART APPLES

RICE CAKES BREAD AND BUTTER HONEY

COFFEE

Rice Cakes

To 2 c boiled rice add 1 egg, 1 T sugar, and a sprinkling of nutmeg. If not soft enough add a little milk or cream, or melted butter. Shape into flat cakes ½ inch thick. Roll in bread crumbs and saute in butter.

If desired the nutmeg may be omitted and 2 T grated cheese added.

Preparing the Meal

Make the coffee, then shape and sauté the rice cakes. Serve the apples, then the rest of the breakfast.

LUNCHEON OR SUPPER

Wednesday **Lesson 94**

SCALLOPED SALMON AND SPAGHETTI
BAKING-POWDER BISCUITS CURRANT JELLY
TEA

Scalloped Salmon and Spaghetti

Break ½ c spaghetti into short pieces, cover with boiling salted water and boil until tender, about 20 m. Free 1 can of salmon from the bones and the skin, lay in layers in a baking dish, alternating with the spaghetti. Pour over all 1 c Thin White Sauce (p. 38, 1 T flour, 2 T butter, 1 c milk), seasoned well with salt, pepper, and 1 T lemon juice. Cover with buttered crumbs and bake 20 m in a moderate oven.

Baking-powder Biscuits

2 c flour, 4 t baking-powder, 1½ t salt, 1 T shortening, ¾ c milk or water,—p. 24.

Preparing the Meal

Forty minutes before lunch time cook the spaghetti, or cook it in the morning after breakfast. One-half hour before serving prepare the scalloped dish and while baking make the biscuits and tea. Serve the luncheon.

DINNER

Wednesday **Lesson 95**

ROAST QUAIL GREEN GRAPE JELLY
BROWN GRAVY
POTATO CUBES BROWNED PARSNIPS
PEACH SPONGE CAKE

Roast Quail

Dress, clean, truss (Helpful Suggestions, p. 101, Part III), and lard the breast and legs of the quails. Rub with salt and melted butter and dredge with flour. Lay on rack in small baking pan, surrounded with strips of fat pork, bake 25 or 30 m in a medium hot oven, basting every 10 m. Arrange on a platter, removing strings and skewers, garnish with Potato Cubes sprinkled with chopped parsley.

Brown Gravy

To the fat in the pan of which there should be 2 T add 3 T browned flour. Mix well and add 1 c milk or water. Season with salt and pepper.

Potato Cubes

Boil potatoes, cut into 1 inch cubes, dip in egg diluted with half milk, roll in coarse breadcrumbs and brown in the oven.

Peach Sponge Cake

Make a sponge cake according to directions given in L. 54, p. 87, for Washington Pie using half the recipe. Bake in 2 layers, spread one layer with chopped preserved peaches, lay the other layer on the top, cover with whipped cream, and lay peaches cut lengthwise into eighths on top.

Browned Parsnips

In 2 T butter, brown 4 parsnips, halved and parboiled.

Preparing the Meal

One hour before serving put the parsnips and potatoes on to boil. Have the quails dressed and trussed ready for the oven. Make the sponge cake for the dessert, then 30 m before dinner time put the quails into the oven. Drain potatoes, cut into cubes, and prepare with egg and crumbs. Then if the sponge cake is done put together with the peaches and cream. Drain, halve the parsnips, and put with the potatoes into the oven to brown. Remove the quails to a hot platter and make the gravy. Serve the dinner.

BREAKFAST

Thursday **Lesson 96**

CREAM OF WHEAT WITH SLICED BANANAS
BREAD CRUMB GRIDDLE CAKES MAPLEINE SYRUP
COFFEE

Bread Crumb Griddle Cakes

Add 1½ c scalded milk and 2 T butter to 1½ c stale bread crumbs. Soak until the crumbs are soft. Add 2 eggs, well beaten, then ½ c flour, ½ t salt, and 4 t baking-powder sifted together. Bake on a hot griddle.

Mapleine Syrup

Boil together 2 c sugar, 2/3 c water and 1 t "Mapleine" until a moderately thick syrup is formed. Remove from the fire and use as needed.

Cream of Wheat

Use ¾ c cream of wheat and 4 c boiling water (p. 17), and pour half into moulds for frying the next morning.

Preparing the Meal

Reheat the cereal, put the bread crumbs to soak and make the Mapleine syrup. Make the coffee, then the griddle cakes. Begin baking, then serve the cereal.

LUNCHEON OR SUPPER

Thursday **Lesson 97**

SCALLOPED QUAIL

HASHED BROWNED POTATOES BREAD AND BUTTER

SUGAR COOKIES TEA

Scalloped Quail

Remove all the meat from the bones of the quails left from dinner the preceding evening. Add an equal quantity of browned crumbs. Mix well, put into a baking dish, and pour over all as much well-seasoned Thin White Sauce (p. 38) as there is meat. Cover the top with buttered crumbs and bake until well heated throughout and the top browned.

Hashed Browned Potatoes

Chop cold cooked potatoes very fine. Those left from the potato cubes the preceding evening may be used. There should be 1½ c. Add ½ t salt and a dash of pepper, and if desired, 1 T each finely chopped onion and parsley. Put 2 T fat, either butter, bacon fat, or fat tried out of salt pork, into a frying pan; when hot put in the potatoes, heat quickly and thoroughly. Press into one side of the pan to form an omelet and when well browned remove to a hot platter.

Preparing the Meal

One-half hour before lunch time prepare and bake the scalloped quail, then brown the potatoes, which have been chopped fine and seasoned properly. Make the tea and serve the luncheon.

DINNER

Thursday **Lesson 98**

BOILED CORNED BEEF

BOILED POTATOES CABBAGE AND TURNIPS

STEAMED CHOCOLATE PUDDING

Boiled Corned Beef

Select 4 pounds of good corned beef, the brisket piece being considered the finest grained, but as it is fatter, it is sometimes not so desirable. Rinse the meat in cold water, fasten in shape, and put on to cook in cold water. Remove the scum after it has boiled 5 or 10 m, then let simmer slowly until tender. This may take 5 or 6 h.

Three-quarters of an hour before serving, pare and quarter the potatoes and turnips, and let stand in cold water until needed. Remove the large coarse leaves from the outside of a head of cabbage; cut into eighths. Remove the meat from the water and set in a warm place. Skim the fat from the liquor and add the potatoes, turnips and cabbage. The large outside leaves of the cabbage may also be cooked and used for soup the next day.

Serve the Corned Beef on a platter surrounded by the potatoes and turnips. The cabbage should be placed in a separate dish.

Steamed Chocolate Pudding

Cream 3 T butter, add 2/3 c sugar gradually, and 1 egg well beaten. Mix and sift 2¼ c flour, 4½ t baking-powder, and ¼ t salt. Add to the creamed mixture alternating with 1 c milk; then add 2½ ounces of chocolate, melted. Turn into a greased mould, cover and steam 2 h. Serve with Cream Sauce.

Cream Sauce

Cream ¼ c butter, add 1 c powdered sugar gradually, ½ t vanilla, and ¼ c heavy cream beaten until stiff. Serve with the Chocolate Pudding.

Preparing the Meal

Put the Corned Beef on to cook about 5 hours before dinner, unless one has a fireless cooker, in which case 8 to 10 h are needed. Two h before dinnertime make the pudding and set to steam over the meat. One h before serving prepare the vegetables, remove the meat and put the vegetables on to cook, being careful in moving the steamer not to jar it, and thus cause the pudding to fall. Also have the liquor boiling when the vegetables are added. Make the Cream Sauce for the pudding. Serve the dinner.

BREAKFAST

Friday **Lesson 99**

ORANGES

GRAPE-NUTS CREAM AND SUGAR

FRIED CREAM OF WHEAT BROWN SUGAR SYRUP

COFFEE

Fried Cream of Wheat

Cut the moulded Cream of Wheat into slices about ½ inch thick. Follow directions given on p. 124 for Fried Mush.

Brown Sugar Syrup

Use 1 c brown sugar, ½ c water, 1 t butter, ¼ t salt, ½ t vanilla. See p. 27, Mock Maple Syrup.

Preparing the Meal

Remove the skin from the oranges. Beginning with the stem end separate the sections, leaving them fastened at the blossom end. Open like a flower and lay on a fruit plate. If only half is desired as a service cut in half before separating into sections.

Prepare the Cream of Wheat for frying; make the syrup and coffee, and fry the Cream of Wheat. Serve the fruit and cereal, then the rest of the breakfast.

Friday **LUNCHEON OR SUPPER** **Lesson 100**

CORNED BEEF HASH—CATSUP

MUFFINS DAMSON PLUM SAUCE

TEA

Corned Beef Hash

Remove the skin and gristle and most of the fat from the Corned Beef, put the meat through the meat grinder. Add an equal quantity of cold boiled potatoes, season well, moisten with milk or cream, put into a hot buttered frying pan, spread evenly and let cook slowly, forming a brown crust on the bottom. Fold like an omelet and turn onto a hot platter. Serve with Tomato Catsup.

Muffins

Use 2 c flour, ½ t salt, 4 t baking-powder, 2 T sugar, 1 egg, 1¼ c milk, 2 T melted butter (p. 17).

Preparing the Meal

Allow 35 m to make and bake the muffins; while baking make the hash. Make the tea and serve the lunch.

DINNER

Friday **Lesson 101**

CREAM OF CABBAGE SOUP
ROAST SHOULDER OF VEAL—STUFFED
POTATOES A LA ANNA PARSNIP TIMBALES
PINEAPPLE TAPIOCA

Cream of Cabbage Soup

Press through a sieve the cabbage left from the preceding day. There should be at least 1 c of pulp. To this add 1 pint of milk and 1 c of the liquor in which the meat and cabbage were cooked. Bind with 2 T butter and 2 T flour. Season with salt, pepper, and a little celery salt.

Shoulder of Veal

Have the butcher remove the bone from a small shoulder of veal. Stuff, and sew or skewer into shape. Season well, cover with strips of salt pork, and bake slowly for 2 h, basting frequently.

Stuffing

Mix 1 c cracker or breadcrumbs with 1 sprig of sweet majoram or thyme. Season with salt and pepper and 1 T chopped onion. Add ½ c scalded milk or water and ¼ c melted butter.

Potatoes a la Anna

Wash, pare and quarter medium-sized potatoes. Make an incision halfway through each one and insert a thin slice of onion. Lay in the pan with the veal and baste with the gravy. Bake until tender.

Parsnip Timbales

Scrape 4 good-sized parsnips, keeping them in cold water, cut in halves or quarters until needed. Cook in boiling salted water until tender. Drain and mash through a colander. Add 2 beaten eggs and ½ c milk. Season with 1 t salt, dash of pepper, and 1 t onion juice. Bake in greased timbale moulds or in a shallow pan. Serve either plain or with a Medium White Sauce (p. 38).

Pineapple Tapioca

Cook together in a double-boiler 2 T Minute Tapioca, 1 c water, 1 c grated pineapple, 2 T sugar, and ⅛ t salt for 25 m or until the tapioca is clear. Serve hot or cold, either plain or with cream. Mould if desired.

Preparing the Meal

Stuff the veal and start to baking 2 h before dinner. Prepare and cook the parsnips. Prepare the potatoes and ¾ h before dinner put them in the pan with the roast. Then prepare the Parsnip Timbales. While baking, make the Pine-apple Tapioca and the Cream of Cabbage Soup.

Saturday **BREAKFAST** **Lesson 102**

SLICED BANANAS AND CREAM

EGGS A LA SUISSE ON TOAST COFFEE

Eggs a la Suisse on Toast

In a flat pan set over hot water melt 1 T butter. Add ½ c cream. Break 4 eggs, one at a time, on a wet saucer, and slip carefully into the hot cream. Sprinkle with salt and paprika. When partially set, sprinkle with 2 T grated cheese. Cover and let stand until set. Serve each egg on a round of toast and pour surplus cream around each.

Preparing the Meal

Make the toast and coffee. Start the eggs to cooking, then just before serving the fruit add the cheese. Cover and let stand until read to serve.

SATURDAY MORNING BAKING

Doughnuts

Cream 1 c sugar, 2 eggs, and 3 T melted butter well together; add 1 t salt and ⅛ t nutmeg. Sift 4 t baking-powder with 2 c flour, then add to the sugar mixture, alternating with 1 c milk or water. Add sufficient flour to roll, probably 1 c or more. Handle dough as little as possible. Roll ½ inch thick. Cut and fry in deep fat.

Note—If sour milk is used, ½ t soda and 2 t baking-powder should be used, instead of 4 t baking-powder.

Mock Cherry Pie

Chop together 1 c cranberries and ½ c raisins; add 1 c sugar and 2 T flour mixed together, then add ½ c cold water. Bake with 2 crusts, following directions given on p. 130 for pastry.

Oatmeal Macaroons

Rub 1 T butter into ½ c sugar and mix with 1 well-beaten egg. Stir into the mixture 1½ c rolled oats, ¼ t

salt, 1 t baking-powder. Drop from a teaspoon about an inch apart on greased pans and bake in a moderately hot oven until crisp and brown.

Egg and Tomato Jelly Salad

Cook 1 pint of tomatoes, a bit of bay leaf, a slice of onion, and a stalk of celery 15 m; soften ¼ package of gelatine in ½ c cold water; add to the tomatoes and strain.

Cut 2 hard-cooked eggs in half, dip in liquid gelatine, press against the sides of 4 chilled cups; when set fill with the tomato mixture. Unmould on shredded lettuce and serve very cold with mayonnaise.

Method of Work

Immediately after breakfast prepare the filling for the Mock Cherry Pie, then make the pastry and bake the pie. Next make and bake the Oatmeal Macaroons. While making the doughnuts have the fat heating, and when hot enough to brown a bit of bread in 40 seconds, 360° F. (p. 103), fry the doughnuts, draining them on brown paper.

While frying the doughnuts the tomatoes and eggs for the salad may be cooking. Also the gelatine may be soaking.

When the doughnuts are done finish the salad and set away in a cool place.

LUNCHEON OR SUPPER

Saturday **Lesson 103**

VEAL AND POTATO ROLL

BREAD AND BUTTER FRESH DOUGHNUTS

TEA

Veal and Potato Roll

Grind enough veal left from the preceding dinner to make 2 c. Chop the potatoes left, there should be 1 c, and add to the ground meat. Season with 1 t salt, dash pepper, and add 1 unbeaten egg. Mix well, form into a roll about 6 inches long, and place in a baking pan with ½ c stock or water and 1 T butter. Bake 15 or 20 m, basting once or twice. Serve either plain or with Brown Gravy or Tomato Sauce.

Preparing the Meal

About ½ h before lunch time prepare the veal and potato

roll. While it is baking, set the table, cut the bread and butter, place some fresh doughnuts on the table, and make the tea. Serve the lunch.

Saturday **DINNER** **Lesson 104**

PORK CHOPS
MASHED POTATOES STEWED TOMATOES
LETTUCE SALAD
MOCK CHERRY PIE

Pork Chops

Have the chops cut about ½ inch thick, trim off superfluous fat, and saute slowly until well browned and thoroughly cooked. This will take about 25 m.

Lettuce Salad

Wash lettuce leaves thoroughly and chill. Shred and arrange on salad plates with slices of cold hard-cooked eggs. Serve with French Dressing if desired.

French Dressing

Mix well ½ t salt, ¼ t pepper, and ¼ t mustard, also a few grains of cayenne or paprika. Add 6 T olive oil, and when well mixed add slowly, drop by drop, 6 T lemon juice or vinegar. Beat until an emulsion is formed, then pour over the salad. Use just enough dressing for the salad material to absorb. None should be seen in the bottom of the dish.

Mashed Potatoes

See p. 15. 4 potatoes, 1½ T butter, 1¼ t salt, ¼ c hot milk or cream.

Stewed Tomatoes

See p. 44. 1 can tomatoes, 1 t salt, 2 T sugar, 2 T butter, 2 T flour.

For Mock Cherry Pie, see Saturday Baking, page 170.

Preparing the Meal

About ¾ h before dinner time wash and pare the potatoes and put on to cook in boiling salted water. Open a can of tomatoes, season and slowly stew for ½ h. Now trim the chops and start to sauteing. While the meat is cooking wash the lettuce, shred, and while chilling make the French Dressing. Cut the pie made in the morning

and arrange on pie-plates for serving. Drain and mash the potatoes, and serve the dinner.

Sunday — **BREAKFAST** — **Lesson 105**

BAKED APPLES
FARINA—CREAM AND SUGAR
DATE MUFFINS COFFEE

Baked Apples

Wash and core 6 medium-sized apples, Jonathan preferred. Place in a baking pan, fill the centers with sugar, and sprinkle ¼ c more sugar over and around them. Also add ½ c hot water and 1 T butter. Bake in a moderate oven until tender, about 30 m.

Date Muffins

Cream ⅓ c butter, add ¼ c sugar and ¼ pound dates, chopped fine. Add alternately 1 egg, beaten and mixed with ¾ c milk, and 1¾ c flour, sifted with 4 t baking-powder. Bake in a hot oven about 25 m.

Farina

Use ⅜ c farina, 2 c boiling water, ½ t salt (p. 17, under Cream of Wheat).

Preparing the Meal

Reheat the cereal, then quickly prepare the apples and place in the oven. Make the Muffins and while baking make the coffee and prepare the table. The apples may be baked on Saturday, but are especially nice when freshly baked.

Serve the fruit, then the cereal, and lastly, the muffins and coffee.

Sunday — **DINNER** — **Lesson 106**

FRICASSEE OF CHICKEN
MASHED POTATOES SPINACH
EGG AND TOMATO JELLY SALAD
MOCK BAVARIAN CREAM

Fricassee of Chicken

Separate a 3-pound chicken into pieces at the joints; wash and rinse carefully. Put into a saucepan with 1 quart

of cold water, an onion with a clove pressed into it, a bit of bay leaf, and 1 t salt. Bring the water quickly to the boiling point, boil 10 m, skim off the coagulated juices which rise to the top, then lower the flame and simmer until the chicken is tender. Drain from the broth.

Melt ¼ c butter, add ⅓ c flour, salt and pepper to taste, and when blended add the chicken broth gradually, straining out the vegetables; simmer 15 m. Beat the yolks of 4 eggs, add a little of the hot broth gradually, then stir into the hot mixture. Add the pieces of chicken and reheat over hot water. Serve garnished with toast points.

Bavarian Cream

Whip 2 c single cream and drain the whip. Scald ¾ c cream that is drained from the whip, adding milk if necessary to make the full amount, with ½ c sugar; add the yolk of 2 eggs, beaten and mixed with ¼ c sugar, ¼ t salt, and cook as a soft custard. When the liquid will coat the spoon, remove from the fire and add ¼ package gelatine soaked in ¼ c cold water; strain. Set in a pan of ice water and stir until the mixture begins to thicken, then fold in the whip from the cream and 1 t vanilla. Pour into a mould and set in a cold place; or, better, pack in salt and ice until firm.

Mock Bavarian Cream

In this case no cream need be used, but the whites of 6 eggs, 4 left from the chicken and 2 more, beaten stiff, may be substituted. Make the custard with the yolks of 2 eggs, ¾c of milk, etc., as above.

Mashed Potatoes

Use 4 potatoes, 1½ T butter, ¼ c hot milk or cream, ½ t salt (p. 15).

Spinach

Heat can of spinach, add 1 t salt, dash pepper, 1 T vinegar, 1 T butter.

For Egg and Tomato Jelly Salad see Saturday Morning Baking (p. 171).

Preparing the Meal

About 3 h before dinner prepare the chicken for fricasseeing and put on to cook. Then make and mould the

Bavarian Cream. Wash and pare the potatoes and let stand in cold water until needed. Open a can of spinach and prepare for heating later.

About ½ h before dinner cook the potatoes in boiling salted water, also heat the spinach, seasoning to taste.

Unmould the salad made the previous day on a bed of shredded lettuce and put in a cool place until needed.

Remove the chicken from the broth and make the sauce. Drain and mash the potatoes, reheat the chicken and serve the dinner.

SUPPER

Sunday **Lesson 107**

SCALLOPED OYSTERS

BROWN BREAD AND BUTTER

OATMEAL MACAROONS CHERRIES

TEA

Scalloped Oysters

Carefully wash and look over 1 quart of oysters, removing all particles of shell, etc.

Add 1 c each cracker and breadcrumbs to ½ c melted butter and mix well; sprinkle the bottom of a buttered baking dish with crumbs, then place on these a layer of cleaned oysters, and dust with salt and pepper. Add alternately layers of crumbs and oysters, having the top layer crumbs. Bake in a moderate oven 15 or 20 m. A shallow dish should be selected for oysters, so that they may be quickly heated and cooked, as long cooking at high temperature toughens the oysters and destroys their delicate flavor.

Preparing the Meal

About ½ h before suppertime wash the oysters and prepare them for scalloping. While baking cut the brown bread, open a can of cherries and empty into a fruit dish; put some oatmeal macaroons on a plate and place all on the table. Make the tea and serve the supper.

ONE O'CLOCK INFORMAL LUNCHEON

Lesson 108

OYSTERS A LA CREOLE IN TIMBALES
BREAD AND BUTTER SANDWICHES
CUCUMBER AND SWEETBREAD SALAD CHEESE WAFERS
IMPERIAL CREAM
COFFEE SALTED ALMONDS

Colors—Pink and White

Table Decorations—Pink and White Roman Hyacinths.

Oysters a la Creole

Drain 1 quart of oysters, wash and remove all bits of shell from each one. If very large cut in half.

Scald 1 pint of milk or cream. Thicken with ¼ c butter and ½ c flour, made into a roux. Season with salt, pepper, ½ t onion juice, 1 T lemon juice, 1 T chopped parsley and 2 T chopped pimentoes. Cook until thick and creamy, then add the oysters. When plump serve in Timbale Cases.

Timbale Cases

Beat 2 eggs slightly, add 1 c milk. Sift 1 c flour and ¼ t salt together. Add enough of the egg and milk to make a batter that can be beaten smooth and velvety, then add the rest of the liquid. Fry with a timbale iron in deep fat.

Timbale Frying

The best iron for frying is the hollow one which fills with the hot mixture and cooks from the inside as well as the out. When frying turn the timbale batter into a cup, lower the hot iron into the cup so that the batter comes within ½ inch of the top. Remove quickly and immerse in the hot fat. When crisp and brown remove from the fat, turn the iron upside down to drain, then slip from the iron onto brown paper. Turn over and drain the inside. If the cases are soft, rather than crisp, the batter is too thick, and should be diluted with milk.

Cucumber and Sweetbread Salad

Prepare two pair of sweetbreads according to directions given on p. 138. Cool and cut into dice. Have ready an equal quantity of cucumber cubes standing in salted ice

water. Soak 2 T gelatine in ¼ c cold water, then dissolve in 1 c boiling water. Add 4 T lemon juice, salt and pepper. While cooling whip 1 pint of double cream until stiff. Add the gelatine, the sweetbreads and the cucumbers. Fold all together, turn into moulds wet with cold water, either individual or one large mould. The latter should be square so that the salad may be cut in good serving pieces. Serve on a lettuce leaf with French Dressing or Mayonnaise.

Mayonnaise Dressing

Mix 1 t mustard, 1 t salt, 1 t powdered sugar and a dash of cayenne with the yolks of 2 eggs; then add, a few drops at a time, 1½ c olive oil. As the mixture thickens thin with 2 T lemon juice or 2 T vinegar, a few drops at a time at first, alternating with the oil. If desired, add ½ c cream, beaten stiff, or the whites of 2 eggs stiffly beaten, just before serving.

In making Mayonnaise have the ingredients cold; if necessary set in ice water; work quickly, using a wooden spoon during the first part of the process, then a Dover egg-beater as the Dressing gets thick and heavy. If it begins to separate, break the yolk of an egg into another bowl and slowly beat the separated mixture into that.

Imperial Cream

Beat 1 quart of double cream stiff, add ½c powdered sugar and ¼ t salt; beat well. Cut and fold in 2 c dry cake crumbs and 1 c each candied pine-apple, cherries and nuts, cut fine. Set on the ice and serve very cold in sherbet glasses.

Salted Almonds

Blanche ½ pound of almonds according to directions given below:

PROCESS I: Place on a shallow pan in the oven, stir occasionally until a rich, golden brown. Remove from the oven, add 1 T butter and ½ t salt. Stir well and turn out on brown paper.

PROCESS II: Heat fat to 380 Fahr., or hot enough to brown bread in 20 seconds. Put the nuts into a frying basket and lower into the hot fat until golden brown. Turn out onto brown paper and dust with salt.

PROCESS III: Saute the nuts in 2 T butter until golden brown. Sprinkle with salt and turn out onto brown paper to dry.

French Dressing

One-half t salt, ¼ t mustard, ¼ t pepper, dash cayenne, 6 T olive oil, 6 T lemon juice or vinegar. Add the lemon juice or vinegar very slowly to the oil and seasoning, mixed together. Have all material and dishes very cold.

Preparing the Luncheon

Make the timbale cases the first thing in the morning. Have the sweetbreads cooking while the timbales are being made. Soak the gelatine in cold water. Cut and dice the cucumbers and cover with boiling salted water; let stand 1 m; drain, and cover with salt ice water. Let stand until ready for use. Dissolve the gelatine and finish the salad. Blanch and salt the almonds.

Prepare the cake crumbs, fruit and nuts for the dessert. If dry cake is not on hand vanilla wafers or macaroons may be used. Dry thoroughly and roll.

Make the salad dressing. Prepare the lettuce, wrap in a damp cloth and keep in a cool place. Whip the cream for the dessert and prepare the table. Wash the oysters, measure the ingredients for the cream sauce. Make the sandwiches, put in a bowl and cover with a damp cloth.

Measure the coffee, letting it stand in cold water. Sweeten the cream, add the fruit, and let stand in a cool place.

When everything is ready, 10 m before time for serving prepare the oysters and heat the coffee.

JANUARY MENUS—COST AND FOOD VALUE—FOUR PERSONS

Supplies	Cost	Food Units			
		Total	Protein	Fat	Starch & Sugar
6 lbs. Flour	$	9,840	1,180	294	8,366
⅝ lb. Cornmeal		1,086	98	119	869
4 lbs. Bread		4,820	626	290	3,904
1 lb. Brown Bread		1,147	181	38	928
1 lb. Crackers		1,600	144	320	1,136
¼ pkg. Oatmeal		852	154	60	638
⅛ pkg. Pettijohn		426	77	30	319
⅛ pkg. Cream of Wheat		354	53	18	283
⅛ pkg. Grape-Nuts		213	38	15	160
⅛ pkg. Farina		354	53	18	283
½ lb. Rice		816	72	8	736
⅛ lb. Pearl Barley		62	6	2	54
¼ lb. Spaghetti		400	60	8	332
5 lbs. Sugar		9,300	...	...	9,300
1 pt. Syrup		2,000	...	...	2,000
½ pt. Currant Jelly		1,000	...	...	1,000
½ pt. Green Grape Jelly		1,000	...	...	1,000
½ pt. Plum Preserves		1,000	...	...	1,000
2 Calves' Hearts		1,600	752	848	...
1 lb. Lamb Chops		800	192	608	...
1 lb. Ham		1,600	304	1,296	...
1 can Salmon		1,072	320	752	...
4 Quails		800	632	168	...
4 lbs. Corned Beef		4,440	2,398	2,042	...
4 lbs. Veal Roast		1,920	806	1,114	...
2 lbs. Pork Chops		1,600	288	1,312	...
3 lbs. Chicken		1,200	948	252	...
1 qt. Oysters		1,250	123	55	72
3⅔ doz. Eggs		3,490	1,118	2,372	...
6 qts. Milk		3,900	741	2,028	1,131
1 qt. Cream		1,820	91	1,565	164
½ lb. Cheese		1,028	258	750	20
3 lbs. Butter		10,815	54	10,761	...
¾ pt. Olive Oil		3,169	...	3,169	...
1 pk. Potatoes		2,247	247	22	1,978
2 cans Tomatoes		420	88	30	302
½ pk. Parsnips		1,600	160	112	1,328
1 qt. Onions		400	48	160	192
1 Cabbage		217	43	18	156
4 Turnips		100	13	4	83
1 can Spinach		300	45	198	57
1 bunch Celery		50	12	2	36
Head of Lettuce		100	25	14	61
1 can Pears		400	12	16	372
½ pk. Apples		880	26	62	792
½ doz. Bananas		450	21	24	405
1 Lemon		36	3	5	28
3 Oranges		255	15	9	231
1 can Cherries		400	20	40	340
½ can Peaches		200	8	4	188
½ can Pineapple		100	4	6	90
½ pt. Cranberries		100	3	12	85
½ lb. Raisins		600	18	54	528
½ lb. Dates		725	14	51	660
¼ lb. Figs		300	15	...	285
¼ lb. Nutmeats		484	96	305	83
½ pkg. Gelatine		100	19	...	81
2 oz. Chocolate		300	24	216	60
½ oz. Cocoa		72	12	38	22
⅞ lb. Coffee		...	...	...	...
1 oz. Tea		...	...	...	...
Total for the Week	$	86,610	12,758	31,714	42,138

Food Units per Day—12,372. Food Units per Day per Person—3,093.
Cost of Food per Day—$ Cost per Day per Person—$
Of the Total Food Value, 15% is Protein, 37% is Fat and 48% is Starch and Sugar.

SUGGESTIONS FOR REDUCING THE COST OF JANUARY MEALS

Use oleomargarine for cooking, top of milk for the coffee and cereal, and half water in all recipes calling for milk.

In Lesson 90 serve plain baked onions instead of creamed; also substitute plain baked apples for apple farci, omitting the cream. In Lesson 91 omit the lamb chops and use dry toast in place of cornmeal muffins.

In Lesson 93 omit the celery and apple salad, also the sabyon sauce. Use ¼ pound cheese in place of 1 can salmon with the spaghetti in Lesson 95. During the hunting season if quails must be purchased for Lesson 96 substitute 1 pound of veal steak, making mock pigeons. Also omit the green grape jelly.

In Lesson 99 omit the cream sauce and in Lesson 100 the oranges. In Lesson 101 substitute plain bread for muffins, and in Lesson 102, 2 pounds lamb fricassee for 4 pounds veal roast. The stuffing then will not be necessary. Also use creamed parsnips instead of parsnip timbales.

In Lesson 105 serve plain lettuce instead of lettuce salad, omitting salad dressing throughout all the meals, or use "salad oil." In Lesson 106 use dry toast instead of date muffins. In Lesson 107 omit the egg and tomato jelly salad, and in 108 use 1 pint of oysters instead of 1 quart, adding more bread crumbs.

ESTIMATED REDUCTION

3 pounds Butter less Oleo..$
1 quart Cream.....
2 quarts Milk.....
1½ c Medium White Sauce.
Filling for Apple Farci....
1 pound Lamb Chops.....
Cornmeal Muffins.....
Celery & Apple Salad.....
Sabyon Sauce.....
1 can Salmon $ less ¼ pound cheese $ .....
Quails .....
Green Grape Jelly.....
Cream Sauce .....
2 Oranges .....
Muffins .....
4 pounds Veal Roast $ less 2 pounds Lamb Fricassee $ .....
Stuffing .....
Parsnip Timbales less Cream Parsnips.....
Olive Oil .....
Date Muffins .....
Egg and Tomato Jelly Salad .....
1 pint Oysters.....

$
Original Total Cost.....$
Reduction .....

$
$ Cost per Day.
$ Cost per Day per Person.

FEBRUARY MENUS

DR. FISHER'S "STANDARD PORTIONS" OF COOKED FOODS
KEY

LESSONS IN COOKING

Part VI

PLANNING OF MEALS

Those who have followed the lessons thus far have prepared a considerable number of well-balanced meals. It is time that we considered some of the principles involved in the planning of such menus.

It is hardly necessary to say that meals should be planned several days ahead, each meal and each day hinging to the preceding one. In this way desirable combinations can be made with very little or no waste. If the meal is prepared without planning the housekeeper must use what she happens to have on hand and a badly balanced meal and poor combinations too often result. Or if a market is near she is apt to get an expensive piece of meat which can be cooked quickly and easily. The bits of meat and vegetables left from the preceding day are often wasted, as there is not enough of any one to use and no thought has been given on how to combine them. In such cases the expense for food mounts up amazingly, the family is not satisfied or well nourished, and the housekeeper is hurried and worried.

Let us take as a basis for the planning and preparation of meals, three points,—a balanced dietary, pleasing combinations, and economy of time and money.

Balanced Dietary

It is not necessary to spend time figuring perfect balance of food principles in family meals, but it *is* necessary to have a general idea of the composition of foods (see Part I, page v, and pages 114-118), and to be careful that not too much protein, or fat, or starch and sugar be served in a meal.

The following examples of combinations often served in poorly balanced meals will illustrate this point:

Beef, macaroni and cheese, peas,—*too high in protein.*

Peasoup, meat, cheese, custard,—*too high in protein.*

Beef or mutton, baked beans, Indian pudding,—*too high in protein.*

Pork, fried potatoes, rich pudding with butter sauce,—*too high in fat.*

Pork, vegetable with butter sauce, salad with mayonnaise dressing, whipped cream dessert,—*too high in fat.*

Light meat, potatoes, sweet potatoes, corn, rice pudding, —*too high in starch.*

Combination rice and meat, potatoes, beets, blanc mange, —*too high in starch.*

Meat, candied sweet potatoes, jelly, kisses, and rich preserves,—*too high in sugar.*

The tendency in well-to-do American families is to serve meals containing too high a proportion of protein and fat, and especially to serve too much. The total "food value" in the food eaten should depend chiefly on the amount of physical activity taken by members of the family. The menu for a farmer's family should contain more heavy, rich foods than that of a family in which the occupations are sedentary. The menus given in the Lessons are about an average, neither very heavy or light.

If the dinner is divided into four main courses—soup, meat, salad and dessert—plan to have two heavy and two light courses, such as cream soup, light meat, rich salad and light dessert; or clear soup, heavy meat, light salad and rich dessert. In a three-course dinner, make two of the courses moderately heavy and the third light, or in a three-course luncheon or supper have two courses light and the third heavy.

Pleasing Combinations

That good digestion depends to a considerable extent on pleasurable taste in eating has been proved scientifically as

well as by the experience of the ages. It is true that "appetite is the best sauce" and that abundant outdoor exercise gives good appetite. But not everyone can have a keen appetite at all times, so that pleasing combinations are important from the standpoint of health.

Foods have the following characteristics or contrasts: Heavy or light; strong flavored or mild flavored; moist or dry; crisp or soft; acid or sweet; hot or cold.

A meal should have contrast and variety; it should not be composed all of one kind of food, as all heavy or all strong flavored dishes, or all soft or all dry and so on.

Mild flavored foods, like bread or potatoes, can be eaten in considerable quantities in a meal, but the appetite revolts at large amounts of strong flavored foods, like turnips, cauliflower, game, cheese, etc.

In simple combinations and made dishes the strong flavored food should be much less in quantity than the mild flavored food, as bread and cheese, macaroni and tomatoes, baked beans and ketchup.

Creamed potatoes should not be served when there is gravy, but should be served with a dry meat. Moist meats such as stews, etc., should be served with dry vegetables. Plain sponge or butter cakes or cookies, *not* rich layer cakes, should be served with ice cream and whipped cream desserts, etc. Acid sauces should be served with rich puddings.

In a well-planned dinner of five courses the soup should be light, giving a stimulant to the appetite; it should be served with croutons or crackers, which furnish dryness or crispness. If fish were used it should be light, served with an acid sauce or relish. The main course of meat would be heavy, fairly strong flavored. The vegetables would be soft and moist and in general mild flavored, or only one strong in flavor. The salad should be crisp, cold and light, and the dessert warm, moderately heavy and sweet.

In a recent magazine article Miss Caroline Hunt gives the following comparison between the art of planning meals and the art of painting:

"A well-planned meal has something in common with a well-designed painting. The latter usually consists of a background of neutral colors, relieved here and there by bits of bright color, known as high lights. The background may be a forest in browns and greens and the high light may be the sun finding a way to one spot through the trees; or the background may be an expanse of sea and the high light, the foam on the crest of the waves.

"A well-planned meal has its background also. This consists usually of neutrally flavored foods: breads, meats, cereals. These should be touched up like the painting and relieved by small quantities of food having pronounced flavor: acid fruits, vinegar, capers, sweets.

"Of the painting, it is idle to try to say whether its success is due more to background than to high lights or *vice versa*. The background sets off the bright bits of color and keeps them from clashing one with another; the bits of color give charm to the somber expanse. So, too, with the meal. The breads, meats and cereals are the substantial part and absolutely necessary not only for health but also for the purpose of keeping the foods of pronounced flavor from clashing. The flavoring materials, on the other hand, are necessary oftentimes to make the more solid foods attractive and palatable, and authorities tell us now that good digestion waits on appetite."

As in other arts, it is not possible to give definite and specific rules for the planning of successful meals. However, keeping in mind the suggestions given, and with careful observation, the housekeeper should succeed in planning appetizing and wholesome meals.

Economy

The greatest economy can be obtained in the household by (1) buying just enough for one meal of expensive foods, or those that cannot be done over, for example, lamb chops and such fresh vegetables as cauliflower; (2) using of left-overs in made dishes, and a judicious cooking of foods in such quantities that they may be used in this way when desired; for example, in cooking rice for supper, cook enough to have casserole of rice and meat, or rice croquettes, etc., the next day, and possibly a rice cream pudding for the second or third day. If the character and appearance of the dish is entirely changed, no objection will be made to the same food being served several days in succession. This takes planning and until one is used to it a little more work, but most acceptable and nutritious dishes will result when these leftovers are used intelligently.

In buying meat plan a way to use as a leftover what can not be eaten after the first cooking. If, for instance, a porterhouse steak is purchased, the tough end is usually left. By buying a little piece of round steak or some other coarser meat, say 5 cents worth, there will be enough for some made dish. Plan the vegetables two days ahead and cook in such quantity as will serve the purpose. Leftover potatoes can always be used to advantage, and it takes no more time or fuel to boil eight potatoes than four potatoes. This applies also to such vegetables as turnips, squash, etc. For instance, plan today to have creamed turnips; when boiled take out enough for turnip souffle for the next day or the day after, and so with other vegetables. If there are a few spoonfuls of a vegetable left, apparently not enough for any one dish, study the combinations with other vegetables, such as beans and corn, carrots and peas, peas and potatoes, tomatoes and corn, etc., and make them up into croquettes, scalloped dishes, etc., or put them into soups.

Even if your market does afford vegetables and fruits out of season, use them very rarely, for they are expensive and of poor flavor, and by the time they are in season and in good quality the appetite may no longer care for them.

A point to be observed in planning a meal by those using gas, gasoline, etc., is the manner of cooking the various dishes. If, for example, the meat is to be roasted, the oven has to be heated, and consequently as many things should be cooked in the oven as possible; or if on top of the stove, plan to make one burner do the work of two or three by boiling and steaming. In this way economy in fuel will result. This, of course, does not apply so much to those using coal or wood stoves.

Menu Suggestion Cards

It is hard on the spur of the moment to think of the good things we know or of which we have heard. To help the memory the following suggestions may be of assistance:

Prepare one large card or a series of small cards on the plan of the samples following, and when a desirable dish is thought of set it down under its proper heading, with the reference to the recipe and a word to describe the character. When planning menus glance over the card and you will almost always get some suggestion or help. If the small cards are used, keep in a small filing box in a convenient place.

SOUPS

Light	Heavy
Bouillon (p.)	Cream of Pumpkin (p.)
Clear Tomato (p.)	Duchess Soup (cheese) (p.)

MEATS

Fresh Cuts	Made Over Dishes
Flank Chops (quick)	Meat Souffle (dry)
Breaded Round Steak (long)	Casserole Rice and Meat with Tomato Sauce (moist)

VEGETABLES

Fresh	Made Over Dishes
Creamed Cauliflower (moist)	Potatoes au Gratin (moist)
French Fried Potatoes (dry)	Turnip Souffle (moist)
French Potatoes (warmed over, dry)	

SALADS

Light	Heavy
Cucumber and Radish	Russian Salad
Date and Orange	Salmon Salad

SALAD DRESSINGS

Light	Heavy
French Dressing	Mayonaisse Dressing
Vinaigrette Sauce	Creamy Dressing

DESSERTS

Light	Heavy
Chocolate Souffle (hot)	Krummel Torta
Maple Parfait (cold)	Strawberry Shortcake

CAKES AND SWEETS

Plain	Fancy
Quick Sponge Cake	Angel Food
Spice Loaf Cake	White Cake with Cream Nut Filling
Devil's Food Cake	

RELISHES

Sour	Sweet
Sour Pickles	Corn Relish
Chow Chow	Mangoes
Dill Pickles	Sweet Pickles

SCHOOL LUNCHEONS

A luncheon for a school child should be prepared from two standpoints—wholesomeness and attractiveness. Only those foods which are nutritious and easily digested should be considered. The selection of food that is to be eaten cold requires much greater thought than that to be eaten hot. The nature of the child must also be taken into consideration. A quiet child who sits still most of the day should have lighter food than the robust, hearty child who romps and plays. The luncheons should be planned and prepared for days ahead just as the regular menus for the family, making the two fit in together.

The lunch box when opened should present an appetizing and attractive appearance. Food that cannot be packed or carried well should never be used. Each article should be packed by itself and all fitted in neatly and carefully.

The following list of articles will be found most useful in preparing the luncheon:

1. A light lunch box, or a basket well lined with paper.
2. Oiled or parafine paper.
3. Tiny screw-top jar for salt.
4. Larger screw-top jar for preserves.
5. Small spoon.
6. Collapsible drinking cup.
7. Paper napkins.

There are a few points to be observed in regard to the food itself.

Pie should be eliminated for two reasons—its unwholesomeness, and the fact that it cannot be carried well. Eggs should be cooked at a low temperature for a long time to make them digestible, and should be left in the shell. Sandwiches should have the crust left on and be wrapped separately in oiled paper. Be careful not to use any filling for a sandwich the odor of which will permeate the lunch box. Chopped meat is much better to use than sliced meat, as it is more convenient and also more digestible, since a child seldom chews the meat as he ought to. Nut butter and chopped nuts make very nutritious and appetizing sandwiches. Soft, rich cakes are not so good as brittle cookies. Oatmeal and graham crackers frosted make pleasant changes.

Nuts are a valuable addition to the lunch box, furnishing not only nutrition but also attractiveness. A bit of sweet in the way of candy or chocolate, dates or figs may well be

used instead of cake. The Parisian Sweets, given on page 120, are exceptionally nice for this purpose.

In putting fresh fruit into a lunch box, be careful to so wrap it that its odor will not penetrate the other food. Especial care needs to be taken with bananas.

THE WORKER'S LUNCH BOX

The rules cited for the school luncheon will apply to the workers, but the character of the work done must be taken into consideration, and the kind and amount of food governed accordingly. Heavier, bulkier and more nutritious food should be used for the out-of-door or manual worker, such as baked bean sandwiches, meats of all kinds, cheese, raw and in the form of rarebits, and fondue for sandwich filling; eggs, hard cooked, fried or salad; small cans of sardines, doughnuts; cookies, especially oatmeal; gingerbread, cinnamon rolls, etc. In such case use, if possible, the dinner pails which are divided into sections and places prepared for keeping coffee and tea hot.

For one of sedentary occupation a light and digestible but very nutritious lunch should be provided. Among these may be mentioned meat sandwiches in which the meat is ground, mixed with light relishes and salad dressing; egg sandwiches or salad or hard cooked eggs, cream cheese mixed with chopped olives and pimentoes, chopped fruit and nut sandwiches, light cookies and sweets, with nuts and fruit.

FEBRUARY MENUS

Monday **Lesson 109**

BREAKFAST

FARINA WITH CHOPPED DATES
FLANNEL CAKES SYRUP
COFFEE

Flannel Cakes

Sift together 2½ c flour, ½ t salt and 4 t baking-powder. Add the yolks of 2 eggs beaten and mixed with 2 c milk, and lastly the stiffly beaten whites of the eggs. Cook at once on a hot griddle.

Farina

See Lesson 4, page 17, CREAM OF WHEAT—⅜ c Farina, 2 c boiling water, ½ t salt.

Preparing the meal

Reheat the cereal, cooked the evening before, scald about 12 dates, chop and add to the cereal. Make the coffee, also the syrup if it is not already on hand; then make the Flannel Cakes. Serve cereal, then bake the Cakes and serve at once.

LUNCHEON OR SUPPER

Monday **Lesson 110**

CREAMED SARDINES
SCALLOPED MACARONI AND TOMATOES
GRAHAM NUT GEMS TEA

Creamed Sardines

Pour off the oil from a can of sardines, remove the skin and bones from the flesh, keeping them as nearly whole as possible. Make 2 c Medium White Sauce (p 38), adding 2 T lemon juice and a dash of paprika. Heat the fish in the sauce and when thoroughly hot serve.

Scalloped Macaroni and Tomatoes

Break ½ package macaroni into pieces ½ inch in length and cook in boiling salted water until tender. Drain and blanch with cold water, then cover with 1 c Medium White Sauce well seasoned with salt, pepper, and 4 T grated cheese. Cover the bottom of a buttered baking dish with a

layer of the macaroni; over this put a layer of tomatoes, then macaroni, and proceed in this way until the ingredients are used, having macaroni covered with buttered crumbs on the top. One cup of Tomatoes should be used. Bake until heated throughout and the top browned.

Graham Nut Gems

Mix and sift 1 c graham flour, 1 c white flour, ¼ c sugar, 1 t salt and 4 t baking-powder. Add gradually 1 c milk, 1 egg well beaten, and 1 T melted butter. Beat well and add ½ c nut meats. Turn into greased muffin rings and bake 25 m in a hot oven. Add 2 t molasses if desired.

Preparing the Meal

About ¾ h before lunch cook the macaroni, and while cooking make the 3 c White Sauce required for Macaroni and Creamed Sardines. Make the Graham Gems and while baking prepare the Macaroni and Tomatoes and place in the oven. Open a can of sardines, remove the skin and bones from the fish, and place in the White Sauce, to which the lemon juice and paprika have been added. Make the tea and serve the lunch.

DINNER

Monday **Lesson 111**

BEEFSTEAK PIE
HOMINY SOUFFLE CREAMED STRING BEANS
ORANGE AND CELERY SALAD
TAPIOCA COCOANUT CREAM

Beefsteak Pie

Cut 2 pounds of meat from the round or flank into pieces 1 inch square. Sprinkle with 1 T flour, 1 T parsley and 1 onion chopped fine, and brown thoroughly in 2 T butter. Remove to a deep baking dish, pour 1 c of stock or hot water into the pan in which the meat was browned, thoroughly scrape up all the rich meat juices and pour over the meat in the baking dish. Bake ¾ h, then cover with a crust made as follows:

Remove all membrane from ¼ pound of suet, chop fine and add to it gradually 1 c flour; add ¼ t salt and enough

ice water to moisten. Knead for a moment, then roll out into a sheet large enough to cover the top of the baking dish. Make a hole in the center of the crust for the escape of the steam. Before covering the meat with the crust season with 1 t salt and a dash of pepper. Brush over the top of the crust with milk or beaten egg, and bake ¾ h.

Hominy Souffle

Mix ½ can or 1½ c hominy with the yolks of 2 eggs, 1 c milk, ½ t salt, and 1 T melted butter. Cut and fold in the whites beaten stiff, pour into a buttered baking dish and bake set in a pan of hot water until firm, about 30 m.

Creamed String Beans

Drain and rinse ½ can string beans, cover with 1 c Medium White Sauce (p. 38), heat thoroughly and serve.

Orange and Celery Salad

Clean thoroughly 1 bunch of celery; cut in 1-inch length pieces and fringe; drop into cold water to make crisp. Add 2 oranges separated into sections and cut into small pieces, dress with French Dressing (p. 178) and serve.

Tapioca Cocoanut Cream

Wash ⅓ c pearl tapioca well, cover with hot water and soak several hours. Drain, cover with 1 pint milk, and cook in a double-boiler until transparent. Beat the yolks of 2 eggs, add ½ c sugar, ½ t salt, beat well, and stir gradually into the tapioca; add 1 t vanilla, ½ c shredded cocoanut, and fold in the whites of the eggs beaten dry. Serve either hot or cold.

Preparing the Meal

Immediately after lunch put the tapioca to soak. About 2 h before dinner time prepare the meat for the beefsteak pie and start to cooking. Make the Tapioca Cream and mould for serving. Now make the crust for the pie and put over the meat in the oven. Make and bake the Hominy souffle. Prepare the Orange and Celery Salad and put on salad plates in a cool place until needed. Open a can of string beans and cream them.

Serve dinner, leaving Beefsteak Pie in the baking dish.

BREAKFAST

Tuesday **Lesson 112**

STEWED APRICOTS
CHEESE OMELET BUTTERED TOAST
COFFEE

Cheese Omelet

Make an Omelet according to directions given in L 69, p 125—4 eggs, 4 t butter, ½ t salt, pepper, ¼ c hot water. Just before removing from the pan sprinkle with 4 T grated cheese, fold over and serve. Or the cheese may be added to the yolks of the eggs and cooked with the Omelet.

Stewed Apricots

Wash ½ pound dried apricots well and cover with water. Soak over night, then cook slowly until tender, adding sugar at the last as necessary. See L 49, p. 83.

Preparing the Meal

Make the Cheese Omelet; while cooking, make the coffee and toast. Serve the fruit cooked previously, then the Omelet, toast and coffee.

LUNCHEON OR SUPPER

Tuesday **Lesson 113**

CODFISH—CREOLE STYLE
RYE BREAD APPLE SAUCE
TEA

Codfish—Creole Style

Wash and soak ½ pound of boneless flaked codfish over night. Blanch ¼ c rice and boil 20 m. While cooking melt 2 T butter; in it put 1 onion sliced finely and cook slowly until the onion is soft, but not brown. This will take about 20 m. Drain the codfish, add it to the rice, also ¾ c strained tomatoes to the onion, cover the pan and cook gently for 20 m. Serve at once.

Preparing the Meal

About ¾ h before lunch start the rice and onion to cooking for the Codfish—Creole Style. In about 20 m finish the preparation of the Codfish and while cooking cut the rye

bread and butter and with a dish of apple sauce place on the table. Make the tea and serve the lunch.

DINNER

Tuesday **Lesson 114**

PLAIN POT ROAST
MASHED POTATOES BAKED SQUASH
CABBAGE AND APPLE SALAD
CHERRY SOUFFLE

Plain Pot Roast

An iron pot or very heavy kettle should be used for a pot roast. Select for a pot roast the middle or face of the rump, the round or shoulder. Wipe with a damp cloth. Heat the kettle thoroughly and then add the meat. Sear well on all sides, then raise from the bottom on a trivet or rack; add 1 c water, cover tightly and cook slowly below the boiling point for 3 or 4 h. When the meat is tender, if there is still any liquor remaining remove the cover, allow it to evaporate and brown the meat.

Baked Squash

Wash and wipe a squash; saw into halves, then into quarters and remove the seeds. Place the pieces of squash skin side down in a baking pan, and bake in a moderate oven until tender. This will require about 1 h.

Cabbage and Apple Salad

Soak 2 c of shredded cabbage. Remove the seeds from a sweet pepper and chop fine. Chop 1 T onion fine. Pare and slice 1 apple, preferably a tart one. Drain the cabbage, place a layer in the bottom of the salad bowl; over this arrange a layer of apple sprinkled with the chopped onion and pepper, then some French Dressing, the cabbage and so on until the ingredients are used. Serve very cold.

Cherry Souffle

Melt 2 T butter, add ¼ c flour and ¼ t salt and cook until frothy. Add ¾ c milk and ¼ c cream gradually, let cook a few minutes, then add ½ c bread crumbs, the grated rind of ¼ lemon, the yolks of 2 eggs beaten with ¼ c sugar, and lastly ½ c stoned cherries and the stiffly beaten

whites of the eggs. Turn into a greased mould and steam 1½ h. Or if desired this pudding may be set in a pan of hot water and baked in the baking dish. Serve.

Preparing the Meal

About 3 h before dinner time prepare the meat for the pot roast, and simmer gently. If a fireless cooker is to be used allow at least 6 h time for a 4-pound roast. About 1¾ h before dinner make the cherry souffle and steam over the pot roast or else bake in the oven with the squash. Prepare the squash and place in the oven about 1 h before dinner. Now make the salad and set in a cool place until ready to serve. Pare and quarter the potatoes and cook in boiling salted water until tender, then drain and mash. Allow the liquid on the meat to boil down and let the roast brown. If there is too much liquid to evaporate in a short time pour off and save for soups, gravies, etc. Remove the squash from the oven to a hot plate, place the meat on a hot platter, make gravy if desired, put the potatoes in a hot vegetable dish and serve the dinner. If the pudding is not done when ready to brown the meat, place in the oven to finish cooking, or else place over a kettle of hot water to finish.

BREAKFAST

Wednesday **Lesson 115**

HOMINY GRITS—CREAM AND SUGAR
POTATO PUFFS HOT BISCUITS
COFFEE

Hominy Grits

To 1 quart of boiling salted water, add slowly 1 c (scant) hominy grits. Boil up well, stirring all the time, then cook slowly in the double boiler for 3 or 4 h, adding more water from time to time if necessary, or cook in a fireless cooker over night.

Potato Puffs

Beat 2 eggs light, add 1 c cold mashed potatoes, ½ c flour sifted with ½ t salt and 1 t baking-powder. Cut from the tip of a spoon into deep hot fat in pieces the size of an egg. Fry until a golden brown in color.

Biscuits

See pp. 24, or 78—2 c flour, 4 t baking-powder, ½ t salt, 1 T shortening, about ¾ c milk.

Preparing the Meal

Reheat the cereal and make the biscuits. While baking make the coffee and the potato puffs, having the fat for frying the latter, heating at the same time. Fry the puffs and drain on brown paper, keeping them hot while the cereal is served. Serve the Potato Puffs, biscuits and coffee.

LUNCHEON OR SUPPER

Wednesday **Lesson 116**

MEAT SOUFFLE

BREAD AND BUTTER JELLY

OATMEAL COOKIES TEA

Meat Souffle

Add 1 c finely chopped cooked meat to ½ c hot Medium White Sauce (p 38); season and add the beaten yolks of 2 eggs; remove from the fire, cool, cut and fold in the whites of 2 eggs beaten stiff. Turn into a buttered baking dish, set in a pan of water and bake from 40 m to 1 h.

Oatmeal Cookies

Beat 1 egg until light, add ¼ c sugar, ¼ c milk and ¼ c thin cream; mix well and add ½ c oatmeal and 2 c flour mixed and sifted with 2 t baking-powder and 1 t salt. Toss onto a floured board, roll, cut into shape, and bake in a moderate oven.

Preparing the Meal

About 1 h before lunch time prepare the meat souffle. If the cookies are not on hand, make and bake while the meat is baking. Make the tea and serve the lunch.

DINNER

Wednesday **Lesson 117**

SCOTCH STEW

BOILED RICE BAKED ONIONS—CREAM SAUCE

CUBAN PUDDING

Scotch Stew

Cut 2 necks mutton into pieces convenient for serving.

Put 2 T suet into a stewpan and shake over the fire until nearly melted; remove the "cracklings," put in the pieces of mutton and shake until thoroughly seared on all sides. Draw them to one side of the pan. Add 2 T flour to the fat, mix well and add 1 quart of strained tomatoes. Stir until boiling, add 1 onion, sliced, a bit of bay leaf, ½ t chopped parsley, 1 T chopped celery and 1 t salt. Cover the pan tightly and gently simmer 1½ h.

Baked Onions

Peel 6 medium sized onions, cook ½ h in boiling salted water; drain, put into a small baking dish, add 1 T butter, ½ t salt, a dash of pepper and ½ c water. Bake ¾ h in a moderate oven, basting frequently. Place on a small platter or chop plate and pour 1 c Medium White Sauce around them. Serve at once.

Boiled Rice

Wash 1 c of rice and pour slowly into 2 quarts or more of salted water, boiling rapidly. Stir for 5 m to prevent sticking and continue boiling rapidly for 20 or 30 m, until the grains are soft. Drain and pour hot water through the rice to prevent the grains sticking together and allow superfluous moisture to evaporate. Each grain should now be separate but soft. There is some loss of material in this method of cooking, but this is necessary to preserve the texture of the rice. One c of dry rice makes about 4c when cooked. Reserve 1 c for future use.

Cuban Pudding

Press 1 c dry sponge cake through a coarse sieve, add ½ c grated cocoanut; beat 2 eggs slightly, add 2 T sugar, and then gradually 1 c hot milk. Pour this mixture over the cake and cocoanut. Put into a buttered mould, cover and steam 1½ h. Serve either plain or with any fruit syrup that may be on hand.

Preparing the Meal

About 1¾ h before dinner prepare the Cuban Pudding, then the Scotch Stew. Steam the pudding over the stew.

Blanch and cook the rice, and boil the onions. Drain and bake; then make the White Sauce.

When the rice is done, form in a ring mould on a large platter, and fill the center with the stew. Serve the dinner.

BREAKFAST

Thursday **Lesson 118**

SAUTED BANANAS
RICE WAFFLES SYRUP
COFFEE

Sauted Bananas

Peel and cut in half, lengthwise, 4 good sized bananas. Saute in either butter or oil until a golden brown in color. Dust with powdered sugar and serve.

Rice Waffles

Sift together 1 c flour, 2 t baking-powder and 1 t salt; add the beaten yolks of 2 eggs to 1 c rich milk, stir well and add to the flour. Add 1 c cold boiled rice, beat well and add ¼ c melted butter. Lastly cut and fold in the stiffly beaten whites of 2 eggs. Bake on a hot greased waffle iron.

Preparing the Meal

Prepare the Sauted Bananas and while browning make the Rice Waffles and coffee. Also make the syrup if not on hand. Serve the fruit, then bake the waffles and serve at once.

Immediately after breakfast make the Custard Pie for dinner; also cook the squash, potatoes and figs for lunch.

LUNCHEON OR SUPPER

Thursday **Lesson 119**

SQUASH SOUP
POTATO FRITTERS—GERMAN FASHION
RAISIN BREAD AND BUTTER
STEWED FIGS TEA

Squash Soup

Press 2 c boiled or baked squash through a sieve. (Use baked squash left from Tuesday dinner, Lesson 114.) Add 2 c scalded milk, 1 T each chopped celery and parsley, ½ t

chopped onion and ½ t salt. Bind with 1 T flour mixed with 1 T butter. Heat thoroughly and serve.

Potato Fritters—German Fashion

Boil and put through the vegetable press 3 good sized potatoes. Add ¾ T butter, ¾ t salt, 1½ T sugar and the well-beaten yolks of 3 eggs. Mix well, form into small round flat cakes, roll in a mixture made of ¾ T flour and 3 T bread crumbs, and saute in butter until well heated throughout and golden brown in color.

Stewed Figs

Wash well unpressed dried figs. Soak over night in warm water. In the morning stew until tender in the liquid in which they were soaked. Add sugar if necessary, and allow the liquid to evaporate until a thick syrup is formed.

Preparing the Meal

About ½ h before lunch rice the potatoes, cooked in the morning, then put the cooked squash through the ricer. The potato that is thus mixed with the squash will only add nutriment and flavor to the soup.

Make the Squash Soup and while heating prepare and saute the Potato Fritters. Make the tea and serve the lunch.

DINNER

Thursday **Lesson 120**

BEEF OLIVES
MASHED POTATOES KNÖFLI
MAPLE CUSTARD PIE

Beef Olives

Cut 1 thin steak from the round into strips 4 inches long and 2 inches wide. Put ½ c fine bread crumbs into a bowl, add ½ t salt, dash of pepper and about 2 T melted butter, or enough to moisten crumbs. Spread each strip of meat with the crumbs, roll up compactly, and tie into shape. Put 1 T butter in a saucepan, add 1 T flour, mix well and brown the flour. Add slowly 2 c stock or hot water. When boiling add 1 T each chopped parsley and onion, a bit of bay leaf, ½ t salt, and the "beef olives." Simmer 1½ h or until meat is tender. Strain out of the brown gravy, remove

the strings from the "olives" and serve in a mound of mashed potatoes with brown gravy poured around or served separately.

Knöfli

Beat 2 eggs slightly and add ¼ c milk. Add gradually 1 c flour mixed and sifted with 1 t salt. Place a colander over boiling water, turn in 1/3 of the mixture, and force through the colander into the water, using a potato masher. As soon as the "buttons" come to the top of the water, remove with a skimmer to a hot vegetable dish, sprinkle with salt and grated cheese; repeat until all the mixture is used. Stand in the oven 5 m, then serve.

Maple Custard Pie

Grate ½ pound maple sugar; beat it with the yolks of 3 eggs until light. Mix 1 T flour to a smooth paste with cold milk, adding the latter gradually until 1 c has been used, then strain into the sugar and egg mixture. Add 1 T lemon juice and turn at once into a pie plate lined with partially baked paste. Bake in a moderate oven until the custard is set. Under no consideration let the custard *boil*.

Beat the whites of 3 eggs until light and stiff, add 3 T powdered sugar and beat until dry and fine. Heap over the top of the pie, dust thickly with powdered sugar, and brown in a very slow oven. Meringues will not fall if dusted with sugar and browned slowly.

For PASTRY see p. 130. Make enough for Tarts to be used the following day, keeping the extra paste in a cold place until ready to use.

Mashed Potatoes

See p. 15—4 potatoes, 1½ T butter, ¼ c hot milk, ½ t salt.

Preparing the Meal

About 1¾ h before dinner prepare the beef olives and cook. One hour later wash and pare the potatoes and cook in boiling salted water. Also make and cook the Knöfli. Place in the oven, then drain and mash the potatoes, arrange in a mound on a hot platter, put the beef olives around it

and pour the brown gravy over all, or else serve in a separate dish as desired. Have the pie made in the morning, cut and ready for serving.

BREAKFAST

Friday **Lesson 121**

CRACKED WHEAT-CREAM AND SUGAR
EGGS BROUILLI ON TOAST COFFEE

Cracked Wheat

To 1 quart of boiling water, add 1 t salt and 1 c cracked wheat. Stir until boiling, then cook in the double boiler 8 h or longer. Add more water from time to time if necessary. Cook at least 12 h in the fireless cooker.

Eggs Brouilli

Beat 4 eggs until well mixed; add 4 T stock, 4 T cream, and mix thoroughly. Turn into a saucepan placed over hot water, and stir until thick and jelly like; add ¼ t salt, dash of pepper and serve on squares of toast.

Preparing the Meal

Reheat the cereal, make the coffee and toast, then the Eggs Brouilli. Serve the breakfast.

LUNCHEON OR SUPPER

Friday **Lesson 122**

POTATOES STUFFED WITH MEAT
BROWN BREAD AND BUTTER TEA
TARTS

Potatoes Stuffed with Meat

Pare 6 good sized potatoes, cut them in halves and scoop out the centers, leaving a wall ½-inch thick. Cover the potato taken from the centers with cold water and reserve for use at dinner.

Cook the potato shells in boiling salted water for 10 m. Drain and stand in a baking pan.

Grind the beef olives left from the preceding meal, or any other cold meat that is on hand, with ¼ small onion

and 1 T parsley, and fill the potatoes with the meat mixture. Dust the tops with bread crumbs, put ½ t butter in the center of each and bake in a moderately quick oven for ½ h or until the potatoes are tender. Serve either plain or with White Sauce or Tomato Sauce.

Tarts

Roll plain or puff paste ⅛-inch thick. Cut into pieces to fit into individual fluted tins or muffin pans, pricking the bottom and sides to prevent the formation of bubbles. Bake 15 m in a hot oven. Fill with jam or jelly.

Preparing the Meal

About ¾ h before lunch prepare the potatoes. While cooking grind and season the meat; then drain the potatoes and prepare for the oven. While baking make and bake the tarts, the paste being made the preceding day. If desired, make a sauce for the potatoes, then the tea. Serve.

DINNER

Friday **Lesson 123**

SALMON LOAF WITH WHITE SAUCE
RICED POTATOES LIMA BEANS
GREEN TOMATO PICKLES
APPLE TAPIOCA PUDDING

Salmon Loaf

Remove the skin and bones from a can of salmon and chop the fish fine. Beat 3 eggs well and add to them 1 c bread or cracker crumbs, ½ t salt, and a dash of pepper. Combine with the salmon, adding 2 T melted butter. Mix all ingredients well, put in a greased mould, steam ½ h. Serve with Medium White Sauce (p. 38), using the liquor from the salmon in place of part of the milk.

Lima Beans

Wash dried lima beans well, cover with warm water and soak 12 h. Drain, cover with boiling salted water, and cook until tender. This will require about 2 h. Let the water evaporate until just enough to moisten the beans well is left. Season with salt, pepper, and butter.

Riced Potatoes

Put hot boiled potatoes through the ricer, shake lightly, and serve at once.

Apple Tapioca Pudding

Pick over and wash ½ c pearl tapioca; add 3 c boiling water, ½ t salt, and ¼ c sugar, and cook in the double boiler until transparent.

Core and pare 5 medium sized apples, Jonathan preferred. Put them in a round baking dish, fill the cores with sugar, and pour over them the tapioca to which 2 T lemon juice has been added. Bake until the apples are very tender. Serve either plain or with sugar and cream.

This dessert is very nice served cold with whipped cream.

Preparing the Meal

About 1¼ h before dinner cook the tapioca; while cooking, wash, pare and cook the potatoes, then make the Salmon Loaf and steam over the potatoes. The Lima beans which were cooked in the morning may now be reheated with the seasoning. Prepare the apples, cover with the tapioca, and place in the oven. Make the White Sauce (p. 38) for the Salmon Loaf, rice the potatoes and serve the dinner.

The pudding should be made in the morning if it is desired to serve it cold.

BREAKFAST

Saturday **Lesson 124**

ORANGES
BROWNED FISH HASH
POP-OVERS COFFEE

Browned Fish Hash

Mix equal parts of cold cooked fish and cold boiled potatoes, chopped fine. Season with salt and pepper to taste. Melt 2 T butter, (bacon fat, drippings, as desired and convenient) in a frying pan, put in 2 c fish and potatoes, stir until well heated, then cook without stirring until well browned underneath; fold and turn like an omelet.

Pop-overs

Mix and sift ½ t salt and 1 c flour; add ⅞ c milk gradually, in order to obtain a smooth batter. Add 2 eggs beaten until light, and ½ t melted butter; with a Dover beater beat the entire mixture for 2 m; turn into hissing hot buttered gem pans and bake 30 to 35 m in a hot oven.

NOTE—Pop-overs may be baked in buttered earthen cups, but small iron or aluminum gem pans are best.

Preparing the Meal

Make the Pop-overs and while baking prepare the Fish Hash from the remnants of the Salmon Loaf and potatoes left from the preceding evening. While the Hash is browning make the coffee and prepare the oranges. Serve the fruit, then the Hash, Pop-overs and coffee.

SATURDAY MORNING BAKING

Yeast Bread—Short Process

Scald 1 c milk, add 1 c boiling water, pour into a large mixing bowl or bread riser, add 2 T lard, 2 t salt and 1 T sugar. When lukewarm, add 1 cake of compressed yeast which has been softened in ¼ c lukewarm water, mix well and sift in 6 c bread flour. Beat well with a spoon and add sufficient flour to make a dough which can be handled. Turn on to a floured board and knead thoroughly.

Let rise in the mixing bowl till double its bulk, knead, form into loaves, place in greased baking pans, let rise till double its bulk, and bake in a moderate oven about 1 h or until the loaves shrink away from the pan.

For further directions see article on *Bread Making,* page 211.

Pound Cake

Cream ½ lb. of butter, add gradually ½ lb., that is, 1 c of sugar and beat well; add the yolks of 5 eggs beaten until thick and lemon colored, whites of 5 eggs beaten until stiff and dry, ½ lb. or 2 c of pastry flour, ¼ t mace and ½ T vanilla. Beat vigorously 5 m. Bake in a deep pan 1 h in a slow oven; or 30 to 35 m if baked as small fancy cakes.

Fig Turnovers

Mix and sift 3 c flour, ¾ t salt and 4 t baking-powder

Rub 1½ T butter into the flour; then beat 1 egg, add to it 1 c milk, mix and add gradually to the flour. The dough should be soft but *not* wet. Turn out quickly onto a floured board, roll into a sheet ½ inch thick and cut into rounds with a biscuit cutter. Dip a knife handle into flour, press down in the center of each biscuit, making a sort of hinge; have ready 8 or 10 figs, chopped fine. Put 1 T of the fig mixture on half of the roll, brush over lightly with white of egg, fold over the other half, pressing the edges well together. Bake in a quick oven 20 m. Serve warm with cream or milk and sugar.

Jellied Veal

Cover a knuckle of veal broken into small pieces, with boiling water and let simmer until tender, together with a few slices of carrot, half an onion and a stalk of celery. Drain, reserving the broth; remove all meat from the bones, return the particles of gristle, skin and bones to the broth, put over the fire and simmer until reduced to 1 c. Strain, set aside and cool. When the meat is nearly cold, cut in tiny cubes or else chop fine, remove the fat from the broth, reheat and stir the veal into it adding salt, pepper and any other seasoning desired. Decorate a mould with slices of hard cooked eggs, pour the veal mixture into this, cover with buttered paper, press down with a weight and let stand until cold and set. Serve sliced thin.

Method of Work

Start the bread the first thing after breakfast. Then put the veal on to cook and make the Pound Cake; while baking, make the Fig Turnovers for Luncheon. Knead the bread and set it to rise. Then, if necessary, make a supply of Salad Dressing, following directions given on page 29. Knead the bread a second time, if desired, shaping loaves, let rise and bake.

LUNCHEON OR SUPPER

Saturday **Lesson 125**

RICE CAKES MUTTON CHOPS
FIG TURNOVERS TEA

For Fig Turnovers see Saturday Morning Baking.
For Rice Cakes see Lesson 93, page 163.

Preparing the Meal

About ¾ h before lunch boil the rice, if no cooked rice is on hand, and make the rice cakes. While they are cooking, wipe the Mutton Chops with a damp cloth and saute until brown on both sides. Make the Tea and serve the Rice Cakes and Chops, then the Fig Turnovers.

After lunch make the Chocolate Mousse for dinner.

DINNER

Saturday **Lesson 126**

STEWED KIDNEYS
POTATOES AU GRATIN TOMATOES WITH SAVORY CUSTARD
CHOCOLATE MOUSSE

Stewed Kidneys

Split a pair of fresh kidneys in halves, removing the white fat and sinew from the center. Cover with cold water and let heat over a moderate fire, taking care, however, that the water does not boil. When hot, drain from the water and cut into small pieces. Cover again with cold water and heat, *not* to the boiling point however, or the kidneys will harden.

Melt 2 T butter in a frying pan, add 2 T flour, and when brown stir in 1 c stock or water. Cook several minutes, then add salt, pepper to taste, 1 T chopped celery, 1 T catsup, and the pieces of kidney. Stir until well heated throughout, sprinkle 1 T chopped parsley over the top and serve at once.

Potatoes au Gratin

Mash 2 c potatoes, making quite soft with milk; season with salt, pepper and butter to taste. Arrange in layers in a buttered baking dish, sprinkling grated cheese over each layer, and covering the top with buttered crumbs. Place in a hot oven until well heated throughout and nicely browned on the top.

Tomatoes with Savory Custard

Mix together 1 pt. canned tomatoes, ¼ c breadcrumbs,

1 T finely chopped onion, 1 t sugar, and salt and pepper to taste; pour into a buttered baking dish. Beat 4 eggs, adding ½ t salt, 1 t sugar, and 1½ c milk. Pour over the Tomato mixture and bake set in a pan of water, in a slow oven until set, about ¾ h.

Chocolate Mousse

Melt 1 oz. chocolate, add ¼ c powdered sugar, and gradually ½ c cream. Stir over the fire until the boiling point is reached, then add ½ T granulated gelatine dissolved in 1½ T boiling water, ⅜ c sugar, and 1 t vanilla. Strain the mixture into a bowl, set in a pan of ice water, stirring constantly until it thickens, then fold in 1 c of stiffly whipped cream. Mould, pack in salt and ice, and let stand 4 h or more.

Preparing the Meal

About 1 h before dinner put the kidneys on to cook, then pare and boil the potatoes. Make the Tomato and Savory Custard and place in the oven. Then drain and mash the potatoes, prepare with the cheese and place in the oven. Finish the preparation of the kidneys, then serve the dinner.

The dessert should be made immediately after luncheon.

BREAKFAST

Sunday **Lesson 127**

GRAPEFRUIT
PETTIJOHN—CREAM AND SUGAR
FRUIT GEMS COFFEE

Fruit Gems

Beat the yolks of 2 eggs, add 2 c milk and stir in ¾ c dates and ½ c raisins, scalded and chopped. Mix and sift 1 c whole wheat flour, ½ c cornmeal, 2 t baking powder and ½ t salt, and add to the milk mixture. Beat vigorously for several minutes, then cut and fold in the stiffly beaten whites of 2 eggs. Pour into hot greased gem pans and bake 20 m in a hot oven.

Grapefruit

Prepare as in Lesson 40, page 58.

Pettijohn

Use 1 c Pettijohn, 2 c boiling water, ½ t salt, cook 2 h (see p. 10.)

Preparing the Meal

Reheat the cereal, then make the Fruit Gems and, while baking, make the coffee. Now prepare the Grapefruit, if this has not been done the preceding evening, and serve it, then the cereal and lastly the Fruit Gems and coffee.

DINNER

Sunday **Lesson 128**

ROAST DUCK—GIBLET SAUCE
MASHED POTATOES CREAMED CELERY
CRANBERRY SAUCE
CABINET PUDDING

Roast Duck

Follow directions for dressing a fowl given in Part III, page 101. Be sure to scrub well both inside and out, using plenty of soda. Then rinse thoroughly with boiling water. Dry, rub the outside with flour and breadcrumbs mixed in equal proportions. Season with salt and pepper, then stuff with chestnut stuffing. Bake 2½ to 3 h, basting from time to time.

Chestnut Stuffing

Shell and blanch 3 c chestnuts. This is accomplished by cutting a gash ½ inch long in the flat side of the chestnut, putting in an omelet pan with ½ t butter for each c of nuts, and heating thoroughly for several minutes, stirring frequently. Then stand in the oven for 5 m. In this way the shell can be easily removed and the inner skin will come off too, thus blanching them at the same time.

Cook the chestnuts in boiling salted water until soft, then drain and mash. Add ¼ c butter, 1 t salt, ⅛ t pepper, and ¼ c cream. Melt ¼ c butter, add 1 c cracker crumbs, mix well, then add to the chestnut mixture and mix thoroughly, and stuff the duck.

Giblet Sauce

Remove the thin membrane, clotted blood, veins and arteries, from the heart. Separate the gall bladder from the liver, cutting off any of the liver that may have a greenish tinge. Cut the fat and membranes from the gizzard. Make a gash through the thickest part of the gizzard, and cut as far as the inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash the giblets well, cover with cold water, heat quickly and cook until tender, about ¾ h.

Pour off the liquid in the pan in which the duck has been roasted. From it skim off 4 T fat, return to the pan and brown with 4 T flour; add 2 c stock in which the giblets (heart, liver, and gizzard) have been cooked, cook 5 m and season with salt and pepper. Add the giblets chopped fine, cook a minute or two longer, then serve.

Creamed Celery

Cut enough cleaned celery stalks into pieces about 1 inch long to fill 2 c, cover with boiling water and cook until tender, about ¾ h. Drain, cover with 1 c Medium White Sauce (2 T flour) and serve.

Cranberry Sauce

Look over the cranberries, rejecting all soft or spotted ones. By measure use half as much sugar as cranberries and half as much water as sugar. Cover and cook 10 m, and set aside to cool. Long cooking makes a bitter sauce.

Another method is to cook the cranberries in the water for about 5 m or until they burst, then add the sugar and boil gently for about 10 m, with the cover on. The sauce should set into a jelly when cold and the skins should not be tough.

Cabinet Pudding

Sprinkle the bottom of a 2 pt. square mould with chopped fruit (raisins, currants, and citron), then add slices of stale sponge cake and if desired a sprinkling of ground cinnamon and clove. Alternate these layers using ½ c of fruit.

Beat 2 eggs lightly, add ½ t salt, 1 T melted butter, and 1 pt. of milk; pour over the ingredients in the mould,

and let stand 1 h, then steam 1½ h. Serve either plain, or with custard sauce or with currant jelly.

Preparing the Meal

About 3 h before dinner prepare the duck and place in the oven. Then make the Cabinet Pudding and set aside for an h before steaming. Cook the Giblets and then make the Cranberry Sauce. Also cook the Celery for Creamed Celery.

About 1½ h before dinner steam the pudding, then a little later wash and pare the potatoes and cook them in the water over which the pudding is steaming. Make 1 c Medium White Sauce (2 T flour, 2 T butter), and add the cooked Celery to it. Mash the potatoes, keeping them warm until needed, remove the duck to a hot platter, and make the Giblet Sauce in the pan in which the duck was cooked. Serve the dinner.

The Pudding can continue steaming while the dinner is being eaten. Place a teaspoonful of currant jelly on top of each serving of Pudding.

SUPPER

Sunday **Lesson 129**

JELLIED VEAL CELERY AND WALNUT SALAD
POUND CAKE GOOSEBERRY JAM
COCOA

Celery and Walnut Salad

Cut finely enough celery to fill 1 c. Add ½ c walnut meats broken into small pieces, and cover with Boiled Salad Dressing (L. 15, p. 29). Arrange on beds of lettuce or cress, and serve at once.

For JELLIED VEAL, see Saturday Baking, p. 205.

For POUND CAKE, see Saturday Baking, p. 204.

For COCOA, see Lesson 2, p. 13.

Preparing the Meal

About 15 m before supper time make the cocoa. While cooking, make the salad, slice the Jellied Veal, cut the Cake, and fill a small dish with Gooseberry Jam. Serve the supper.

BREAD MAKING

Yeast breads take their names from the flour or the liquid used, as white bread, whole wheat bread, or graham, and according to the liquid as, milk bread, water bread, milk and water bread, or potato bread. A combination of any two or all of the liquids may be used. Potato water, made by mashing three or four potatoes to about 1 quart of the water in which they are cooked, is preferred by many, as it seems to produce a moister bread and quicker action from the yeast.

The proportion of shortening and sugar used in the bread depends upon the tastes of the breadmaker or family. Too much shortening will slightly retard the action of the yeast, as will also too much salt or sugar. The following proportions give excellent results—2 or 3 loaves:

Milk and Water Bread

1 c milk
1 c water or potato water
2 T shortening
2 t salt
1 T sugar
½ to 1 yeast cake softened in ¼ c tepid water
flour

There are two processes for making bread, the long and the short, either of which can be used according to time and convenience. In both, the method of procedure is the same up to a certain point.

The liquid used should be brought to the boiling point. To this add the sugar, salt and shortening. When cooled to 100° (lukewarm), add the yeast which has been soaking in tepid water. Then add enough flour to make a batter that will drop from the spoon (about 6 c to the above proportions), and beat very well. From this point either the long or short process can be employed according to the convenience and desire of the breadmaker.

Long Process

Set the above batter or "sponge" in a warm place, the best temperature being from 70° to 90°F, and let rise to double its bulk, which will take from 1 to 2 h at 80° or over night at 65°. Then sift in sufficient flour to make a dough which can be handled; turn out onto a floured board, knead well, adding flour when necessary, to prevent sticking, until the dough is smooth, elastic, and can be kneaded for several minutes without the addition of flour. The dough should not *stick* to the board, it may *cleave*, but not *stick*. Put into a well greased bowl, either turning it over in the bowl, or rubbing it on the top with a little fat to prevent the formation of a dry crust. Cover, set in a warm place and let rise to double its bulk. Turn out on a board, using no flour, or as little as possible; knead well, mold into loaves which will not quite half fill the pans, and put into greased pans, greasing the top as before. Let rise to double its bulk and bake.

Short Process

Instead of setting this batter or sponge to rise, flour is added to make a stiff dough. This is turned out onto the board, kneaded and set to rise. When double its bulk, it is kneaded down, put into the pans, allowed to rise and then baked as in the long process.

The texture and flavor of the bread may be improved by kneading down more than once before baking, but very excellent bread can be made with two kneadings if time and inclination do not permit of more.

Yeasts

Compressed yeast has very quick action and with it bread can be made and baked in from 3 to 6 h, if the dough is kept at 75° to 90°. The more yeast used and the higher the temperature the quicker is the action. Care should be taken however, that the yeast is fresh and in good condition.

The dried yeast cakes and the home made yeasts give as good results, but take longer than the compressed yeasts.

The action of the yeast in the bread is to produce the gas carbon dioxide (CO_2) and alcohol. First some of the starch is acted upon by an enzyme in the flour and changed into sugar, which is subsequently changed by the yeast into carbon dioxide and alcohol. When a certain amount of these two have been produced they act on the yeast, stop its growth and finally kill it, after which time no more alcohol and carbon dioxide can be produced. Then bacteria such as those producing acetic acid become active and sour bread results.

To prevent this, as soon as the dough has doubled its bulk, which is an indication that as much alcohol and carbon dioxide as is safe is present, it should be kneaded down to permit the escape of the gas. If at this point one has not time to knead it, it can be slashed through several times with a knife, or torn apart, to effect the same result.

As yeast is a plant, it is necessary to keep the dough at the proper temperature to obtain desired results. For quick action it should be kept warm by setting in a warm place, in warm water or by wrapping the bowl. If the temperature is too low, the action is slow and the dough may not rise sufficiently in time for baking. If it is too high, there is greater tendency for the dough to sour. A thermometer is a great help in controlling the temperature. A common bath thermometer with large stem can be obtained at most drug stores for 25 cents. When used it should be taken out of the wooden case and thrust into the dough.

When it is desired to postpone the baking, the dough may be set in a cool place, between 50° and 60°, to prevent further rising and loaves or biscuits made when wanted or when convenient, allowed to rise in the pan and baked. It is often desirable to hold a part of the dough over night or longer, to have hot biscuits for breakfast or other meal.

Kneading

Kneading is for the purpose of mixing and perfectly blending all the ingredients so that the yeast will be thoroughly distribute throughout the entire mass, and the action be the same in all parts of the dough, thus making the texture fine and even throughout. The first kneading mixes and blends the materials, the last perfects the grain. The action of kneading should be such as to get the greatest results from the least expenditure of energy by the worker; in other words, to make each motion count to its fullest extent. The dough should be folded toward one, rolled away, moving the entire mass under the hands at the same moment. The action consists of three montions: 1st, folding (the dough is folded toward one), 2nd, rolling (rolled away from one under pressure of the hands), 3rd, turning (the dough is turned quickly so that it lays lengthwise from the kneader). This seems a complicated action, but if practiced, becomes very simple. *Punching* and *pounding* dough is useless waste of energy, affecting only a very small portion of the dough with each strenuous motion. It is not so much the time given to the kneading as the *way* it is done which counts, for more can be accomplished by kneading in the proper way for 5 m than in double or treble that time by misdirected motions.

Bread Mixers

Bread mixers may be used to advantage and will save much time and energy if one finds turning a crank easier than kneading. Housekeepers inexperienced in bread making usually have better success with a bread mixer than in kneading by hand. There is not so much danger of adding too much flour, thus making a very stiff dough which does not rise properly and gives a tough, hard loaf.

Baking

Baking bread kills the yeast plant, prevents further fermentation, expands the gas, thus making the bread light, sets the gluten cell walls, and develops the flavor. Thorough baking is absolutely necessary to produce good, wholesome, digestible bread. A pound loaf should bake 1 h in a moderate oven, a pan of biscuit, according to their size, from 20 to 30 m.

If the oven is too hot when the bread is put in there will be heavy streaks through it, and the crust will burst at the point of least resistance, usually along the top or side.

Loaves should be small, not over a pound in weight and should be baked in separate pans, so that the heat will penetrate quickly and thoroughly to the center of the loaf. The best sized pan is 4 x 8 x 3 inches.

Care of Bread After Baking

After baking turn the bread out and lay on a wire cake cooler or a rack in such a way that the air will circulate freely all around it. When cold put into a tin bread box or a stone jar, and cover tightly.

Under no circumstances use a cloth around bread. It absorbs the moisture, will very soon have an odor, and will give a taste to the bread. If one desires to wrap the bread use brown paper, such as manilla. The bread box or jar should be scalded and aired at least once a week.

HELPFUL SUGGESTIONS

Soiled Dish Retainer

In a small family where economy of time is important, it is often advisable to wash the dishes but once a day. Some way, however, must be provided whereby the used dishes may be kept out of sight. The following suggestions may be found useful for this purpose:

Procure a wooden box, size about 18 x 24 x 12 inches, and have the man of the family make a lid for it, which should be hinged to the back. Now line it, lid and all, with tin, or, better still, zinc. If this cannot be done at home take it to a tinner. Paint or varnish the outside. This is now a water tight, vermin proof receptacle in which the dishes may be kept in water until a convenient time for washing.

Keep the box in any available space in the kitchen. A shelf may be made under the sink or the kitchen table for it, or it may be kept in the pantry.

If one does not care to go to as much expense as the above involves, two dish pans of large size may be used. The dishes should be piled in one and covered with the other.

If there are only a few dishes, the dishpan containing them may be put into the oven of a gas range.

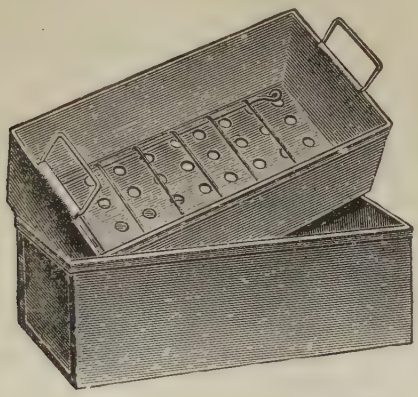
Paper Towels

The tissue towels now on the market are a great convenience in dishwashing. In quantities, they cost about one-fifth of a cent each in rolls and about one-fifteenth of a cent each in sheets, 12 x 18 inches. They should be used only with dry hands on dishes and silver that have been well drained. With this precaution, the towels may be dried and used a number of times like linen towels, until they become soiled, when they are thrown away. This saves the task of washing dish towels.

Cleaning Silver

One of the latest inventions for removing the tarnish from metal articles, particularly silver and silver plate and gold, is a set of two zinc pans, one with a perforated bottom

placed inside the other. The silver is laid in the pan, covered with boiling water to which salt and soda have been added, allowed to stand several minutes, or, if very black, boiled 5 minutes, removed from the water and rinsed thoroughly. All tarnish disappears as if by magic. The silver has a frosted appearance which comes bright with very little rubbing.



SILVER-CLEAN PAN (Price $2.00)

If one does not care to invest in such a device as the above, about the same results may be accomplished by boiling the silver in a granite pan with pieces of zinc in the water and with salt and soda added in the proportion of 1 tablespoonful salt and 1 tablespoonful cooking soda to each quart of water. Or an old aluminum dish may be used.

The action is an electro chemical one. The soda in the presence of silver acts on the zinc or aluminum slightly, producing a little hydrogen, which changes the oxides and sulphides of silver, which make the tarnish, back into silver, so that even silver-plate is not harmed.

To Prevent Discoloration of Fruit

To keep fresh pared fruit, such as apples, peaches, bananas, etc., from discoloring, wrap well in tissue, waxed or manilla paper, and set in a cool place.

Carrying Two Liquids in a Thermos Bottle

In a thermos bottle with a capacity of 1 quart, two different liquids of the same temperature may be carried by the following method: The opening of this size bottle is about 1 inch in diameter. Hence a test tube ¾ inch in diameter, and 10 inches long, holding approximately 8 ounces, ½ pint, may be filled, sealed with a cork dipped in melted paraffin, and inserted in the large bottle into which the other liquid has already been poured. Thus in this way lemon juice, for example, and milk, may each be carried in the same bottle.

To Slice Bacon Thin

To be assured of *thinly* sliced bacon, ask the butcher to cut it with the dried beef slicer. It is particularly nice to have it sliced in this way when it is desired to use the bacon for wrapping oysters, etc.

To Cream Butter for Cake

When creaming butter and sugar for cake, especially if making in large quantities, use a wire potato masher. It will produce excellent results in a short time and with little expenditure of energy.

Using Beets in Mince Meat

If apples are scarce when making mince meat, substitute boiled beets, chopped fine. The result is very good indeed.

To Prepare Fruit for Salads

It is very easy to prepare fruit for marmalade, salads, etc., if a large pair of scissors are used. Slice the fruit first, then cut into small pieces with the scissors.

Cold cooked meats and vegetables may also be prepared for salads, etc., in this way.

Emergency Cakes

Graham or oatmeal crackers frosted make very acceptable emergency cakes.

To Keep Cheese from Drying

If it is found necessary to keep a large piece of cheese for any length of time, pour melted paraffin over the cut surface. As the cheese is used this seal may be repeated.

FEBRUARY MENUS—COST AND FOOD VALUE—FOUR PERSONS

Supplies	Cost	Food Units			
		Total	Protein	Fat	Starch & Sugar
5 lbs. Flour	$	9,840	1,180	294	6,970
5 lbs. Bread		6,025	783	362	4,880
1 lb. Rice		1,632	144	16	1,472
⅛ pkg. Rolled Oats		426	77	30	319
⅛ pkg. Cream of Wheat		354	53	18	283
⅛ pkg. Pettijohn		426	77	30	319
¼ lb. Cracked Wheat		426	77	30	319
⅛ pkg. Hominy Grits		426	77	30	319
½ lb. Macaroni		800	120	16	664
5½ lbs. Sugar		10,230	...	...	10,230
1 pt. Syrup		2,000	...	...	2,000
½ lb. Maple Sugar		1,000	...	...	1,000
½ lb. Pearl Tapioca		1,000	10	10	980
½ pt. Gooseberry Jam		800	4	20	776
1 can Sardines		400	200	200	...
3 lbs. Round Steak		3,330	1,800	1,530	...
½ lb. Codfish		200	190	10	...
4 lbs. Rump Roast		4,440	2,398	2,042	...
2 necks mutton		1,060	572	488	...
1 can Salmon		1,072	320	752	...
1 knuckle of Veal		480	202	278	...
1½ lbs. Mutton Chops		1,992	896	1,096	...
2 Kidneys		600	366	234	...
3 lbs. Duck		5,424	864	4,560	...
4½ doz. Eggs, at 35c		4,284	1,373	2,911	...
8 qts. Milk		5,200	992	2,704	1,504
2 pts. Cream		1,820	91	1,565	164
½ lb. Cheese		1,028	258	750	20
3 lbs. Butter		10,815	54	10,761	...
¼ lb. Suet		881	4	877	...
1 pk. Potatoes		2,247	247	22	1,978
1 Squash		448	32	32	384
2 cans Tomatoes		420	88	80	302
½ can String Beans		250	32	25	193
12 Onions		300	39	15	246
¼ lb. Hominy		400	44	8	348
⅛ lb. Lima Beans		267	56	48	163
1 Cabbage		217	43	18	156
2 bunches Celery		100	24	4	72
1 pt. Cranberries		200	6	24	170
¼ pk. Apples		440	13	31	396
½ lb. Figs		600	30	...	570
½ lb. Dates		725	14	51	660
½ lb. Raisins		600	18	54	528
⅛ lb. Currants		100	3	9	88
¼ can Cherries		200	10	20	176
½ lb. Apricots		664	48	16	600
4 Oranges		340	20	12	308
1 Lemon		36	3	5	28
4 Bananas		300	14	16	270
2 Grapefruit		200	14	8	178
½ lb. Shredded Cocoanut		1,200	64	832	304
½ lb. Nuts		1,600	160	1,328	112
⅛ lb. Cocoa		72	12	38	22
⅛ lb. Chocolate		150	12	108	30
⅛ lb. Coffee		...	...	...	...
1/16 lb. Tea		...	...	...	...
Total for Week	$	88,647	14,033	34,219	40,595

Food Units per Day—12.697. Food Units per Day per Person—3,173.
Cost of Food per Day—$ Cost of Food per Day per Person—$
Of the Total Food Value, 15% is Protein, 39% is Fat, and 46% is Starch and Sugar.

SUGGESTIONS FOR REDUCING THE COST OF THE FEBRUARY MENUS

Substitute oleomargarine or snowdrift for butter in cooking. Use top of milk in place of cream for cereal and coffee. In cooking with milk reduce by adding half water, or by skimmed milk at $ a quart.

In L. 109 omit dates from the cereal; also the creamed sardines in L. 110. In L. 111 serve the string beans plain, omitting the creamed sauce. Also omit salad. In L. 114, substitute Indian pudding for cherry souffle.

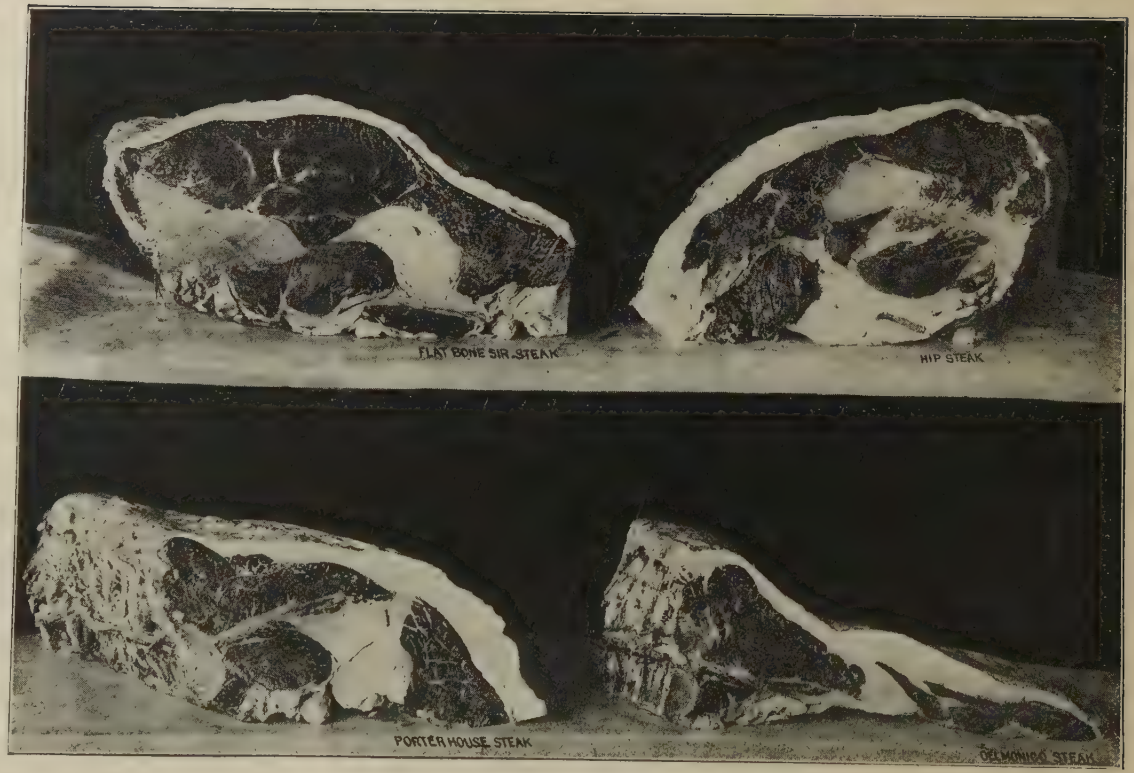
In L. 115 omit the cereal. Serve the onions plain, leaving out the cream sauce in L. 117. In L. 118, omit the bananas and in L. 119 the stewed figs, using them for dessert in L. 120 in place of Maple custard pie.

In L. 121 omit the eggs and in L. 124 the oranges. Also omit the chops in L. 125. Substitute Chocolate Blanc Mange for Chocolate Mousse in L. 126. In L. 127 substitute oranges for grapefruit. In L. 128 substitute 3 lbs. beef roast for the duck, and in L. 129 plain cake for pound cake.

ESTIMATED REDUCTIONS—OMISSIONS AND SUBSTITUTIONS

1½ lbs. butter $ less 1½ lbs. Oleo $ .....$	2 Oranges .....
2 pints Cream.....	1½ lbs. Mutton Chops....
2 qts. Milk.....	Chocolate Mousse $ less Chocolate B. M. $ .....
¼ lb. Dates.....	Grapefruit $ less Oranges $ .....
1 can Sardines.....	Pound Cake $ less Loaf Cake $ .....
Cream Sauce for Sardines and String Beans.....	
Cabbage and Apple Salad.	$
Cherry Souffle $ less Indian Pudding $ ...	Original total cost.....$
Hominy Grits.....	Reduction .....
Cream and Sugar for Cereal	
Cream Sauce from Onions	New total cost per wk..$
4 Bananas	New cost per day.....
½ lb. Figs.....	New cost per day per person ..... .305
Maple Custard Pie $ less ½ lb. Figs $ ...	
Eggs Brouilli	

MARCH MENUS



CUTS OF BEEF, NEW YORK MARKET.
From Photographs made for the Departments of Domestic Science, Columbia University.

LESSONS IN COOKING

PART VII

MARKETING AND CUTS OF MEAT

The best way to study marketing and the cuts of meat is to go right to the market, select the meat and ask questions of the butcher. If this is done in the right way a great deal of valuable information can be obtained. The average housekeeper knows two or three cuts of meat, namely, the round, porterhouse and rib roast. Some of the most nutritious cuts are the cheapest, and if one knows how to cook them properly, these will be much more satisfactory than some of the most expensive cuts.

The following is a list of the cuts arranged according to price and use:

Steaks	Roasts	Pot Roasts	Stews and Casseroles	Corning
Tenderloin	Fillet	Rump	Rump	Plate
Porterhouse	Rib	Round	Round	Brisket
Sirloin	Loin	Shoulder	Shoulder	Navel
Rump		Flank	Flank	
Round			Neck	
Flank				
Skirt				

The *tenderloin* is the long tender muscle that lies under the back bone. It is very tender, and has a delicate flavor but contains no fat. In the best beef it is sliced with the porterhouse and sirloin steaks, but with the poorer beef it is removed whole and sold either as a fillet, or sliced. It should be larded, baked at a low temperature, and served rare. It is the most expensive and least nutritious in proportion to the cost, of all the cuts of beef.

The *porterhouse* are the cuts of steak lying between the ribs and the hip bone. The back bone forms a T shape and hence they are sometimes called the T-bone steaks.

The *sirloin* steaks begin with the hip bone and contain a piece of it as well as part of the back bone. These as well as the porterhouse are tender steaks, can be cooked quickly, and should be served rare.

The *rump steak,* requiring a peculiar cutting, is rarely offered for sale in the ordinary markets, but is a delicious steak.

The *round,* cut from the thigh and containing a small piece of bone, is one of the commonest cuts. The first cuts of the round may be used as a steak when taken from good beef, but usually it is not tender enough to permit of quick cooking. However, it is one of the most nutritious and cheapest cuts of the animal and lends itself to a great variety of ways in cooking.

Flank steak, of which there are only two steaks in each beef, lies to the front of the hind leg on the flank. It is a flat muscle and the grain runs with the cut instead of across it. It is not used as much as it should be, for it is very rich in flavor and nutriment. By rolling and slicing it across the grain, it can be cooked as an ordinary steak, and served rare. Like round, it can be made very delicious and tender when subjected to long, slow cooking.

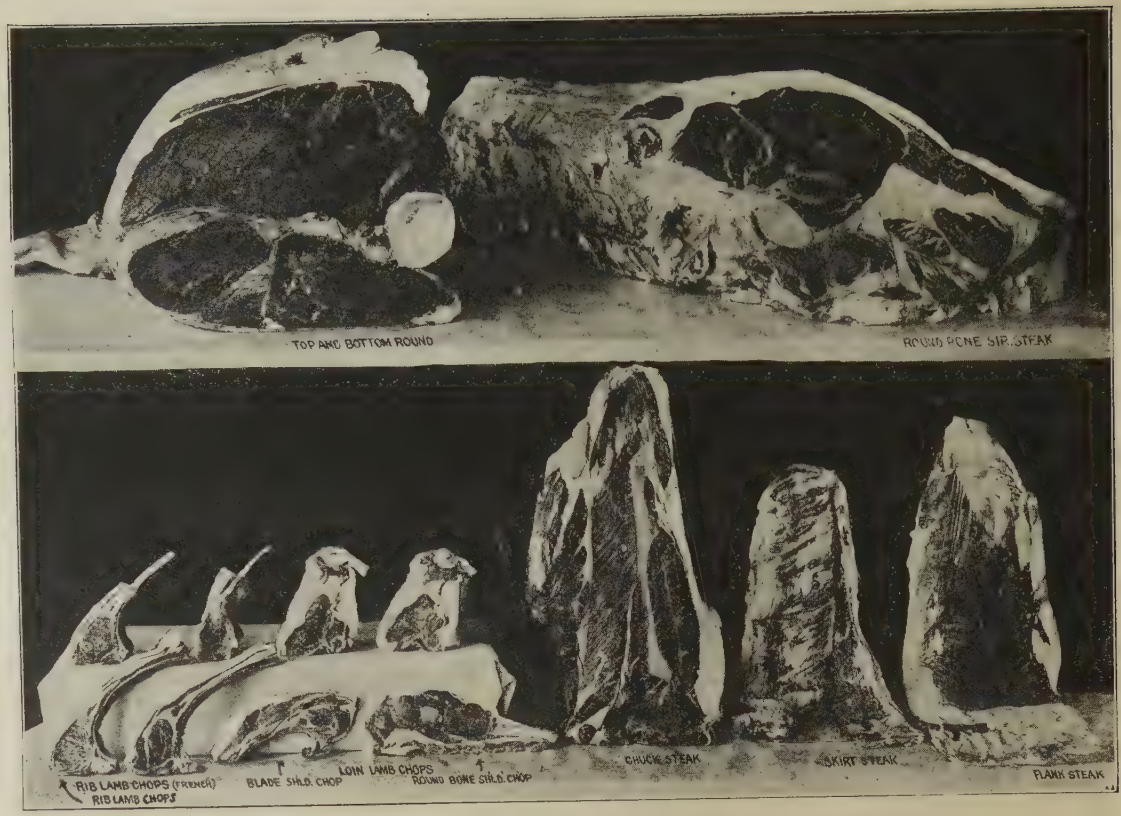
The *skirt steak* is similar to the flank and can be cooked in the same way.

For *oven roasts,* the fillet, rib, and loin are the best. The rib roast when bought with rib on, is called a standing rib roast. When the rib has been removed and the roast is rolled it is called a rolled rib roast.

For *pot roasts* the rump and round are the best, being solid pieces of meat without much bone and having excellent flavor. The shoulder and flank rank next.

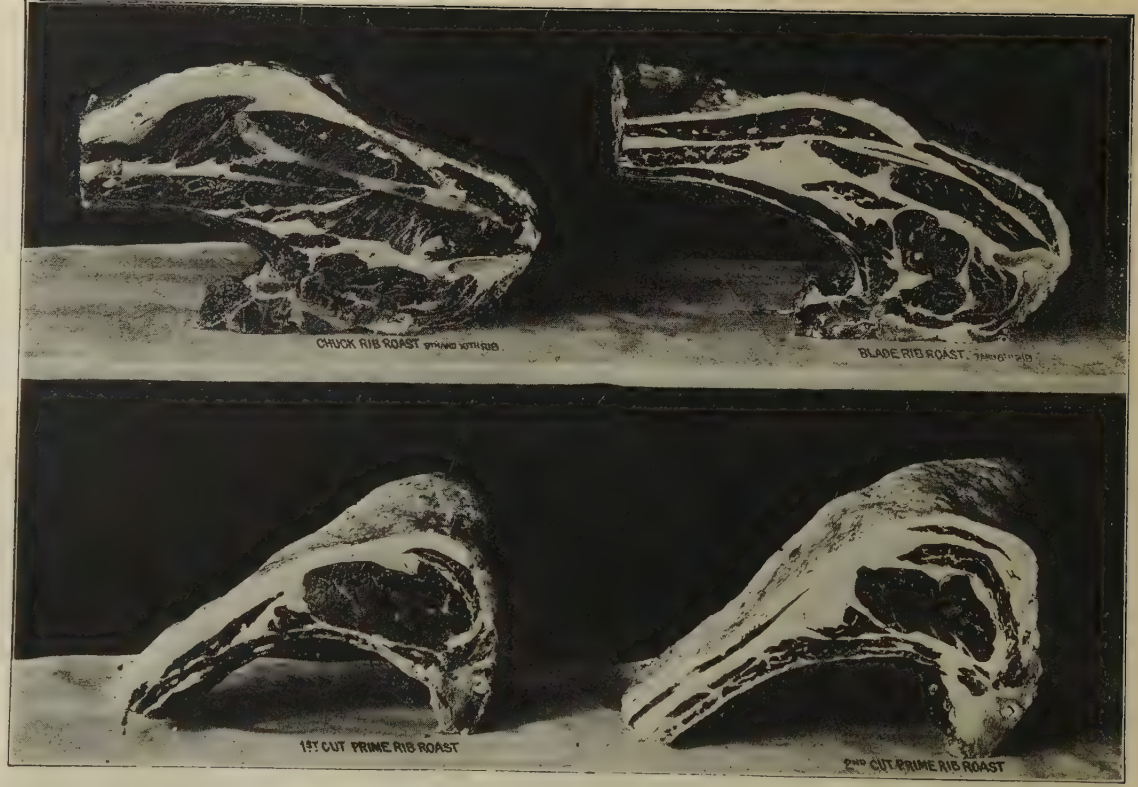
For *stews* and *casseroles* and other cooking at low temperatures the tougher cuts can be used the same as in pot roast.

In mutton, lamb, veal, and pork, the cuts are much the same, the chop in each case corresponding to the rib roast and porterhouse steak of the beef. The leg furnishes steaks corresponding to the round steaks of the beef, but are generally used for roasts. The tougher parts are used for stews, etc.



CUTS OF STEAK AND LAMB CHOPS.

Courtesy of the Department of Domestic Science, Columbia University.



ROASTS OF BEEF, NEW YORK MARKET.
Courtesy of the Department of Domestic Science, Columbia University.

MARCH MENUS

BREAKFAST

Monday **Lesson 131**

RALSTON—CREAM AND SUGAR

TONGUE ON TOAST DOUGHNUTS

COFFEE

Ralston

⅜ c Ralston Breakfast Food, 2 c boiling water, ½ t salt.

Tongue on Toast

Put enough boiled tongue through the meat grinder to make ¾ c. Add to 2 c Medium Brown Sauce (4 T browned flour, 4 T butter, 2 c milk, to which 1 T lemon juice and 1 T chopped parsley have been added), heat thoroughly and serve on toast.

Doughnuts

1 c sugar, 2 eggs, 3 T melted butter, 1 t salt, ⅛ t nutmeg, 4 t baking powder, 2 c flour, 1 c milk or water. See p. 170.

Preparing the Meal

Reheat the cereal and then make the Brown Sauce. For this brown the flour, then proceed as in White Sauce. While this is cooking over hot water grind the tongue, make the coffee, then the toast. Add the tongue to the sauce and heat thoroughly. Serve the cereal, then the Tongue Toast, Doughnuts, which have been previously made, and the Coffee.

LUNCHEON OR SUPPER

Monday **Lesson 132**

FRIZZLED BEEF WITH EGG—TURKISH PILAF

SWEDISH ROLLS GRAPE JAM

TEA

Frizzled Beef with Egg

Break ¼ pound dried beef into small pieces. Beat 4 eggs lightly, add ½ c milk or cream and mix well. Melt 2 T butter in a frying pan, add the beef and stir until the sides curl up. Pour the egg mixture over this, and stir all together over a *slow* fire. When the egg is *set,* but **not** *hard,* turn over like an omelet and serve at once.

Turkish Pilaf

Heat ½ c strained tomatoes with 1 c stock or hot water, and when boiling add ½ c blanched rice (p. 44) and ½ t salt; stir lightly with a fork until the liquor is absorbed, then add ¼ c butter and cook over hot water until the rice is tender. Serve at once.

Swedish Rolls

Mix and sift 2 c flour, ½ t salt, 3½ t baking-powder, 1 T sugar and ½ t cinnamon. With the tips of the fingers work in 3 T butter. Beat 1 egg, add about ¾ c rich milk, then add to the flour mixture. If the dough is too stiff add more milk. Toss onto a floured board, roll and pat out into a rectangular sheet ¼ inch thick. Spread with 2 T softened butter, sprinkle with ¼ c sugar, 2 t cinnamon, and ½ c raisins or currants. Roll up like a jelly roll and cut into pieces about 1 inch thick. Bake on a greased tin 18 m. Brush over with a little sugar dissolved in milk and return to the oven to brown.

Preparing the Meal

About 1 h before luncheon start the rice to cooking for the Turkish Pilaf, 15 m later make the Swedish Rolls, and while baking prepare the Frizzled Beef. Make the tea and serve the luncheon.

Immediately after lunch prepare the Coffee Cream for dinner.

DINNER

Monday **Lesson 133**

MOCK DUCK
MASHED POTATOES PEAS—ENGLISH FASHION
ORANGE AND MALAGA GRAPE SALAD
COFFEE CREAM

Mock Duck

Select a fore quarter of mutton with the whole length of the leg bone left on. Ask the butcher to cut off what is called a raised shoulder, that is, raised from the back bone and ribs, cutting it far up on the shoulder to take in the whole of the shoulder blade, bone and gristle. Scrape the

flesh from the shoulder blade, and separate the blade at the joint. Lay aside for further use. Remove the meat from the leg bone, turning it over as you would turn a glove wrong side out over the hand. Be careful not to cut through the thin skin at the end of the leg bone. When within 3 inches of the lower joint, saw the bone off and trim below the joint into the shape of a duck's bill. Bend the joint without breaking the skin. Wipe the meat and rub inside with salt.

Make a moist stuffing of 1 c breadcrumbs, ⅛ t each salt, pepper, thyme, and moisten with ¼ c butter melted with ¼ c water, and put in between the layers of meat.

With a coarse needle threaded with twine gather the edges of meat, draw them together, fill the cavity with stuffing, and shape the meat into a long oval form like the body of a duck.

Bend the leg at the lower joint to represent the duck's head and neck, and keep it in place with skewers. Run one skewer through the side at the top of the body and put one into the body on each side of the neck. Wind a string around the bill, and fasten it to the skewers. Scrape the shoulder blade clean, trim the lower end into a sharp point, and notch the gristle at the opposite end. Insert this into the body to represent the tail, and fasten with twine.

Put the bones and scraps of meat into a kettle of water and steam the duck over it for 1 h to make it tender. Dredge with salt, pepper, and flour and bake for 1 h or until tender and brown. Use the water from the kettle for basting if necessary. Tie paper over the head and tail to keep from burning.

Peas—English Fashion

Heat 1 can of peas, adding 1 sprig of mint when the peas are put over the fire. Drain, remove the mint, season with ½ t salt, dash of pepper, 1 t sugar, and 2 T butter. Serve very hot.

Orange and Malaga Grape Salad

Halve ½ c Malaga grapes and remove the seeds. Blanch ½ c English walnuts or pecans, and break into small pieces. Separate 2 oranges into sections and cut each section into

3 parts. Toss the ingredients together, using 2 forks, cover with Salad Dressing (p. 29), and serve on lettuce leaves.

Coffee Cream

Soak ½ box or 2 T granulated gelatine in ½ c cold water for 20 m. Dissolve in 1 c boiling water, strain and add ⅓ c sugar and 2 c boiled coffee. Mould and when thoroughly chilled and set serve with whipped cream.

Preparing the Meal

About 2½ h before dinner prepare the Mock Duck and set to steaming. An hour before dinner put the duck in the oven; wash, pare and cook the potatoes. Cook the peas with the mint, then make the salad and set in a cool place until needed. Drain and mash the potatoes, drain and season peas, remove the duck from the oven and make gravy, if desired. Serve the dinner.

The dessert should be made immediately after lunch, or if more convenient, after breakfast, and set in a cool place until needed.

BREAKFAST

Tuesday **Lesson 134**

PETTIJOHN—CHOPPED FIGS
CREAM AND SUGAR
EGGS IN BATTER DRY TOAST
COFFEE

Pettijohn

1 c pettijohn, 2 c water, ½ t salt. Add ½ c chopped figs just before serving.

Eggs in Batter

Mix together 6 T thick cream, ½ c bread crumbs, and ½ t salt. Put 2 T of the mixture in each of 4 egg shirrers or ramikins, slip an egg into each, cover with the remaining mixture and bake 6 m in a moderate oven. Serve at once.

Preparing the Meal

Reheat the cereal, stirring the chopped figs into it. Prepare the eggs in batter and while baking make the coffee and brown the toast under the oven burners if gas stove is used. Serve the cereal, then the eggs, toast and coffee.

LUNCHEON OR SUPPER

Tuesday **Lesson 135**

SHEPHERD'S PIE SQUASH TIMBALE
BREAD AND BUTTER TEA

Shepherd's Pie

Line a baking dish with potatoes mashed very soft with milk. Over this place a layer of cold chopped cooked meat. Then another layer of potato. Cover the top with buttered crumbs and bake until thoroughly heated throughout and browned on the top.

Squash Timbale

To 2 c mashed squash add the yolks of 2 eggs well beaten, 1 t salt and a dash of pepper. Mix well and cut and fold in the stiffly beaten whites of 2 eggs. Put into custard or timbale cups, stand in a pan of water and bake in a moderate oven until set.

Preparing the Meal

About ¾ h before lunch make the Shepherd's Pie, then the Squash Timbales, and put both in the oven at the same time. Just before they are done make the tea, cut the bread and butter, then serve the lunch.

DINNER

Tuesday **Lesson 136**

SPLIT PEA SOUP
BRAIZED LIVER WITH VEGETABLES
POTATO BALLS IN CREAM HOT SLAW
PRUNE PIE

Split Pea Soup

Wash ½ pint split peas, cover with cold water and soak overnight. In the morning drain, add 1 quart stock and 1 pint water, or 1½ quarts water, a bit of bay leaf, sprig of thyme, ½ t salt, and a dash of pepper. Simmer about 2 h or until the peas are tender; then press through a sieve.

Melt 1 T butter, add 1 T flour, then add gradually the soup and stir until boiling. Add 1 small onion grated, and just before serving 1 T chopped parsley.

Braized Liver with Vegetables

Dice 1 carrot, 1 turnip, 1 onion and 1 stalk of celery,

and arrange in the bottom of a baking pan. In a calf's liver make 2 incisions about 3 inches apart, in which insert strips of bacon or salt pork, and place the liver in the baking pan on the bed of vegetables. Add 2 c stock or hot water, bit of parsley and bay leaf, and 2 cloves. Cover and bake in a moderate oven for 2 h or until tender. Remove to a hot platter, placing the vegetables around it, and make a gravy in the pan, using 1 T butter, 1 T flour, and 1 c of liquid from the meat, adding hot water if there is not enough for that quantity.

Potato Balls in Cream

With a French vegetable cutter cut 1 pint of balls, reserving for future use scraps of potato left. Cook in boiling salted water, then drain, add 1 c Medium White Sauce (p. 38) and serve at once.

Hot Slaw

Shred ½ cabbage. Beat the yolks of 2 or 1 whole egg slightly, add ¼ c cold water, 1 T butter, ½ t salt, and ¼ c hot vinegar. Add the cabbage and stir over hot water until the cabbage is not and the dressing is thickened.

Prune Pie

Wash and soak ¾ pound prunes overnight. In the morning stew until tender in the water in which they were soaked. Cool and remove the stones. Make paste of 1½ c flour, ¼ t salt, ¼ t baking-powder, ⅓ c shortening, ice water to make a stiff paste. (See p. 130.) Line a pie plate with the paste, add the prunes, ½ c sugar, 2 T butter, juice of ½ lemon, ¼ t salt, and 2 T flour. Cover with paste and bake until the crust is brown and flaky.

Preparing the Meal

About 2½ h before dinner make the Split Pea Soup from the peas, which have soaked overnight; or if a fireless cooker is available the soup may be made in the morning and left in the cooker all day. Prepare the Braized Liver and place in the oven. Cut the potato balls and stand in cold water until ready to cook. Now make the Prune Pie, the prunes having been previously soaked and cooked.

One-half hour before dinner cook the Potato Balls, make

1 c Medium White Sauce (p. 38), then prepare the Hot Slaw. Drain the potatoes and add to the White Sauce; remove the liver and vegetables from the oven, place on a hot platter, make the gravy and serve the dinner. Leave the pie in the oven until ready to use, turning out the gas, however.

BREAKFAST

Wednesday **Lesson 137**

TANGERINES

CREAMED MACKEREL CORNMEAL PUFFS

COFFEE

Tangerines

Divide the skin into eighths, beginning with the blossom end. Taking care to cut just through the skin, peel down and then separate the sections of the fruit, so they will lie on the skin, forming a flower effect. Do not separate at the base.

Creamed Mackerel

Soak a salt mackerel for 24 h, then lay in a shallow stew pan, and add 1¼ c milk. Simmer for 15 m. Remove the fish to a hot dish and add to the hot milk 2 T flour rubbed to a paste with 2 T butter. Stir until thickened and the flour thoroughly cooked. Add a dash of pepper, 1 T chopped parsley and pour around the fish.

Cornmeal Puffs

Scald 1 c milk, add 1 T butter, ¼ t salt, then gradually stir in ½ c cornmeal; cook a few m, stirring constantly, then cool. Beat 2 eggs lightly, add to the cornmeal mixture, then add ¼ c sugar, ¼ c flour and 2 t baking-powder sifted together. Mix thoroughly, turn into hot buttered muffin pans and bake 15-20 m in a hot oven. This recipe makes 12 delicious puffs.

Preparing the Meal

The mackerel should be soaked the day before.

The first thing in the morning start the sponge for the rolls for lunch, then make the cornmeal puffs and while baking cook the mackerel, make the coffee, prepare the tangerines and place on the table. Make the roux (p. 38)

for thickening the milk for the fish, then place the fish on the table. Remove the fish to a hot platter, thicken the milk, and when the sauce is thoroughly cooked pour around the fish. Place where it will keep warm while the fruit is being eaten, then serve the mackerel, cornmeal puffs and coffee.

LUNCHEON OR SUPPER

Wednesday **Lesson 138**

SWEETBREAD SOUFFLE BAKED POTATOES
ALMOND ROLLS BLACKBERRY AND CURRANT JAM
TEA

Sweetbread Souffle

Melt 1 T butter, add 1 T flour and when well blended add gradually 1 c milk or stock. Let boil up a few minutes stirring constantly, then add ¼ c bread crumbs, 1 c cold cooked sweetbreads, chopped fine, the yolk of 1 egg, ¼ t salt, a dash of pepper, ½ t onion juice, ½ T chopped parsley, and ½ t celery salt. Mix well together, then cut and fold in the stiffly beaten white of 1 egg. Place in a buttered baking dish, set in a pan of water, and bake 25 m or until firm.

Baked Potatoes

Wash and scrub thoroughly 4 medium sized potatoes. Rub the skins well with lard or butter, and bake until tender and mealy, about 1 h, in a moderate oven. The fat rubbed into the skins makes them tender and glossy, and imparts a delicious flavor obtained in no other way.

Almond Rolls

Add 1 cake compressed yeast to ¼ c lukewarm milk. When dissolved add ¼ c flour, beat thoroughly, cover, and set in a warm place to rise. When light or double in bulk, add 1 c scalded milk, cooled, and 2¼ c flour. Mix well, cover and let rise again; then add ¼ c melted butter, ⅓ c sugar, 1 well beaten egg, ¼ t salt, ½ t almond extract, and ¾ c flour. Toss onto a floured board and knead, using ¼ c flour. Shape into round rolls, sprinkle the tops with chopped almonds, let rise, then bake in a moderate oven about ½ h.

Preparing the Meal

About 1¼ h before lunch wash and cook the sweetbreads, then prepare the potatoes for baking. When the sweetbreads are tender, drain and cover with cold acidulated water, then make the sauce for the souffle. Chop the sweetbreads, finish the souffle and place in the oven to bake. The rolls which were started early in the morning should be ready for baking when the potatoes are put in the oven. Place the jam on the table, make the tea and serve the lunch as soon as the potatoes, rolls and souffle are done.

DINNER

Wednesday **Lesson 139**

BREADED MUTTON CHOPS

STEWED POTATOES PEAS

ST. DAVID'S PUDDING

Breaded Mutton Chops

Wipe and trim mutton chops, sprinkle with salt and pepper, dip in crumbs, egg, then crumbs, and fry in deep fat from 5-8 m, then drain. Do not fry more than 4 chops at a time, and allow the fat to reheat between fryings. After testing fat for temperature put in the chops, then lower the heat that the surface of the chops may not be burned while the inside is yet under done.

Stewed Potatoes

Wash, pare and dice 4 potatoes. In a saucepan melt 2 T butter, add 2 T flour, 1 T each chopped onion and celery, and ½ t salt. When well blended add gradually 2 c hot water and the potato cubes. Cover and cook slowly for ½ h, or until the potatoes are tender. Add 1 T chopped parsley and serve at once.

Peas

Drain liquor from 1 can of peas, heat with just enough moisture to keep from burning, add 1 T butter, ½ t salt, 1 t sugar, pour around the chops, and serve at once.

St. David's Pudding

Pare and core 3 apples, then cut them into eighths. Cook until tender in ½ c water and ¼ c sugar, heated to the simmering point. Shell, blanch and shred ¼ pound almonds.

Melt ¼ c butter and stir into it ¾ c macaroon crumbs, or any stale cake crumbs. Place the crumbs, nuts and apple in alternate layers in a buttered baking dish, pouring over all any remaining syrup and 2 T orange juice. Bake in a slow oven for ½-¾ h. Peaches or other fruit may be substituted for apples.

Preparing the Meal

About 1 h before dinner time prepare and bake the pudding. Then wash, pare and dice the potatoes and cook. Prepare the chops for frying, open and drain 1 can of peas and place in pan to be heated. Heat the fat for frying, cut the bread and butter and place on the table. While the chops are frying, heat and season the peas, and when all is ready serve the dinner. The pudding may be left in the oven until needed, as long cooking only adds to its flavor.

BREAKFAST

Thursday **Lesson 140**

OATMEAL—CREAM AND SUGAR

SAUSAGE CREAM SCONES

COFFEE

Oatmeal

To 3 c boiling water add 1⅛ c oatmeal and 1 t salt. For directions see p. 10, if necessary. Reserve 1 c of the porridge for future use.

Sausage

Cover the sausage, pricked in every part with a fork, with boiling water, simmer 15 m, then drain and brown on top the stove or in the oven, as desired. Serve at once.

Cream Scones

Sift together 2 c flour, 3 t baking powder, and ½ t salt. Add ¼ c butter and work into the flour thoroughly with the finger tips. Beat 2 eggs well, add ½ c cream, and add slowly to the flour mixture. Roll the dough out to about ½ inch in thickness, cut into diamond or triangular shapes, and bake in a hot oven 12 to 15 m.

Preparing the Meal

Reheat the cereal, then cover the sausage with boiling water and simmer. Make the Cream Scones and while

baking make the coffee and brown the sausage. Serve the cereal, then the sausage, scones and coffee.

After breakfast make the brown bread for lunch.

LUNCHEON OR SUPPER

Thursday **Lesson 141**

CREAM OF VEGETABLE SOUP

SCALLOPED SPAGHETTI BROWN BREAD

TEA

Cream of Vegetable Soup

Mix together ⅓ c carrot, ⅓ c turnip, ½ c celery, ½ onion, 1½ c potato and ½ t finely chopped parsley. Add 1 pint boiling water, cover and cook slowly for 1 h. Drain, reserving the liquid, pass the vegetables through a vegetable press and add to the liquid. Melt 4 T butter, add 4 T flour and when well blended 2 c milk. Mix thoroughly and add to the vegetable pulp and liquid. Heat well, boiling a few m to cook the flour; serve at once.

Scalloped Spaghetti

Break ½ pound spaghetti into small pieces, cover with boiling salted water and cook 20 m, or until tender, stirring occasionally. Remove from the fire, drain, cover with cold water to whiten, drain and arrange in layers in a baking dish, adding grated cheese and tomatoes alternately between the layers. There should be ¼ c grated cheese and 1 c tomatoes. Season with salt and pepper, and 2 T butter, cover the top with buttered crumbs, and bake ½ h in a moderate oven.

Brown Bread

1 c rye meal, 1 c granulated cornmeal, 1 c graham flour, ¾ t soda, 1½ t salt. ¾ c molasses, 1¾ c milk or water. See p. 31.

Preparing the Meal

About 1 h before lunch prepare and cook the vegetables for the soup. Then cook the spaghetti, prepare with the cheese and tomato, and bake. Make the brown bread immediately after breakfast. Finish the soup and make the tea. Serve the lunch, leaving the spaghetti in the dish in which it was baked.

DINNER

Thursday **Lesson 142**

VEAL LOAF

MASHED POTATOES STEWED CELERY

BROWN BETTY—NUTMEG SAUCE

Veal Loaf

Wipe 1½ pounds lean veal, remove all skin and membranes, then put through the meat grinder, together with ¼ pound lean pork and 6 crackers. Add 2 T cream, 1 T lemon juice, ½ T salt, ½ t pepper, and a few drops of onion juice. Mix thoroughly, pack in a small bread pan, smooth the top evenly and bake 1½ h, basting with 2 T pork fat mixed with 2 T hot water. Serve either hot or cold, as suits one's taste and convenience.

Mashed Potatoes

4 potatoes, 1½ T butter, ¼ t salt, ¼ c hot milk or cream. See p. 15.

Stewed Celery

Use the outside pieces of celery that are not sufficiently tender and white to serve raw. Wash carefully, cut into pieces 1 inch long, using 1 pint of the celery. Add 1 quart boiling salted water, cook just below the boiling point for at least ½ h. Drain, reserving the liquid. Melt 2 T butter, add 2 T flour and when well blended 2 c of the liquid in which the celery was cooked. Stir until boiling, add ½ t salt, dash of pepper and the pieces of celery. Cook 5 m longer and serve.

Brown Betty

In a baking dish place a layer of thin slices of bread and butter. Over this a layer of apples, pared, cored and sliced; sprinkle with ½ t cinnamon and ½ c brown sugar and pour ½ c hot water over this; then cover with another layer of bread and butter, butter side up. Bake in a slow oven 1 h. Serve plain or with Nutmeg Sauce.

Nutmeg Sauce

Mix together 1 T cornstarch, ½ t salt, ½ c sugar. Add slowly, stirring constantly, 1 c boiling water. Boil well for 5 m, add ½ T butter and ¼ t grated nutmeg, and serve at once.

Preparing the Meal

About 2 h before dinner prepare the veal loaf. While baking prepare the Brown Betty and place in the oven. Then wash the celery, cut into pieces, cover with boiling water and cook slowly until tender. Wash and pare the potatoes, allowing enough for dinner the following evening, and cover with cold water until time to be cooked. When the celery is done, drain, reserving the liquid, and set aside until time to finish the preparation.

½ h before dinner cook the potatoes, make the Nutmeg Sauce and finish the Stewed Celery. Drain and mash potatoes, remove the Veal Loaf to a hot platter, make gravy if desired, and serve the dinner. Wash and soak the prunes for dessert the following evening.

BREAKFAST

Friday **Lesson 143**

CANNED PEARS ON CORNFLAKES

OATMEAL WAFFLES SYRUP

COFFEE

Oatmeal Waffles

To 1 c cold cooked oatmeal add 1 c milk, 1 T melted butter, and ½ c whole wheat flour, ½ t salt and 2 t baking powder sifted together; beat well, add the beaten yolks of 2 eggs and lastly cut and fold in the stiffly beaten whites. Bake on a hot greased waffle iron and serve at once.

Preparing the Meal

The first thing in the morning make the sponge for the whole wheat bread and set in a warm place to rise.

Open a can of pears and serve with the cornflakes. Make the coffee, also the syrup if necessary, then the Oatmeal Waffles. Heat the waffle iron while the fruit is being eaten. Bake the waffles and serve at once with the coffee. Immediately after breakfast cook the prunes and make the prune jelly for dinner.

LUNCHEON OR SUPPER

Friday **Lesson 144**

MOCK OYSTERS BAKED ONIONS

WHOLE WHEAT BREAD AND BUTTER

TEA

Mock Oysters

Scrape 1 dozen oyster plants or salsify roots, cover with boiling salted water, cook slowly for ¾ h, or until tender. Drain and press through a colander. Add 1 t salt, dash of pepper and 3 eggs well beaten. Cover the bottom of a frying pan with 1 T butter or suet, oil, etc., and when hot drop in the mixture by the spoonfuls, making each the shape of an oyster. Brown carefully on each side, then serve at once.

Baked Onions

Peel 6 medium sized onions carefully and cook in boiling salted water for ½ h, drain and place in a small baking dish. Add 1 T butter, ½ t salt, dash of pepper and ½ c water. Bake in a moderate oven ¾ h, basting frequently. Serve at once with salt and butter.

Whole Wheat Bread

Scald 1 c milk and 1 c water; when lukewarm add 1 cake compressed yeast dissolved in ¼ c lukewarm water, ½ t salt, and enough whole wheat flour, about 3 c, to make a stiff *batter*. Beat well for 5 m, lifting the dough high in the air and folding it over. Scrape down the dough from the sides of the bowl, cover with a clean cloth and place in a warm place, 80 to 90 Fahr., for 2 h. By this time the mixture will be light and spongy. Stir in slowly enough whole wheat flour to make a dough. Turn out onto a floured board and knead until soft and elastic and no longer sticky. Form into 2 or 3 loaves as desired, place in greased pans, cover and stand in a warm place until double in bulk, about 1 h. Bake in a moderate oven, 300 Fahr., ¾ h. When done remove from the pans, place on a rack, resting the loaves so that there is free circulation of air. When perfectly cool place in the bread box.

Preparing the Meal

About 1¼ h before lunch peel and cook the onions, then scrape the salsify and put it on to cook. When the onions have cooked ½ h, drain and prepare for the oven. While baking finish the preparation of the Mock Oysters and saute carefully. Make the tea and serve the lunch. The whole wheat bread has been made and baked during the morning.

DINNER

Friday **Lesson 145**

JERUSALEM FISH BALLS
POTATOES A LA CREME MACARONI ENGLISH FASHION
PRUNE JELLY WITH CREAM

Jerusalem Fish Balls

Skin and pick all the flesh from the bones of 2 pounds of haddock, halibut or salmon. Put the skin and bones into a kettle, cover with 1 quart cold water, add a bit of bay leaf, slice of onion and 2 cloves, and simmer gently ¾ h or more. While cooking put the fish through the meat grinder, together with ½ c nut meats—almonds, walnuts, peanuts, etc.—add 1 t salt, dash of pepper and a few grains of mace, 1 egg well beaten, and ½ c bread crumbs. Mix well and form into balls the size of an English walnut. Add the fish balls to the strained stock and cook just below the boiling point for 20 m. Remove from the stock and serve at once.

Potatoes a la Creme

Chop 4 cold boiled potatoes fine, add ⅔ c cream, ½ t grated nutmeg, 1 t salt and a dash of pepper. Put into small individual moulds and bake 15 m in a hot oven.

Macaroni—English Fashion

Break ¼ pound macaroni into 1 inch lengths. Cover with boiling salted water and cook quickly for 15 m. Drain, reserving the liquor, cover with 1 c milk and 1 c stock. If stock is not available use all milk. Cook slowly for 20 m, then turn into a deep dish. Beat the yolks of 2 eggs with ¼ c cream, add ½ c of the macaroni liquor, cook a few m over hot water, add ⅓ c grated cheese and pour all over the macaroni. Place 1 T butter in dots over the top, brown a few m under the broiler burners, and serve at once.

Prune Jelly

Wash ½ pound prunes well, cover with 2 c warm water and soak over night. In the morning slowly cook the prunes until tender in the water in which they were soaked, allowing the liquor to evaporate until but ½ c remains. Soak ¼ box gelatine in ½ c cold water ½ h. Remove the prunes

from the liquid, take out the seeds and press the pulp through a colander. Add the soaked gelatine, ¼ c sugar, and the prune pulp to the hot prune liquid, turn into a wet mould and place in a cold place to harden. Serve with cream, or beat the whites of 2 eggs (using those left from the macaroni) until stiff, then cut and fold into the prune mixture just before moulding. Serve plain.

Preparing the Meal

About an h before dinner remove the skin and bones from the fish, and cook the stock. Grind the fish and make the balls. Set aside until ready to cook. Break the macaroni into the desired lengths and cook 15 m. Drain and cover with the milk and stock. While slowly cooking make the sauce for it from the eggs, cream and cheese, etc. Now add the fish balls to the strained stock, cook slowly, then prepare the potatoes a la creme, and place in the oven. Finish the macaroni and brown in the oven. Serve the dinner, then the prune jelly, which has been made in the morning.

BREAKFAST

Saturday **Lesson 146**

CREAM OF WHEAT—CREAM AND SUGAR
CREAMED DRIED BEEF SPONGE BISCUITS
COFFEE

Cream of Wheat

⅜ c cream of wheat, 2 c boiling water, ½ t salt, as on p 17.

Creamed Dried Beef

Make a white sauce using 4 T butter, 4 T flour and 2 c milk. To it add ¼ pound dried beef broken into small pieces. Cook about 5 m and just before serving pour very slowly onto 1 well beaten egg. Serve at once.

Sponge Biscuits

Beat the yolks of 4 eggs, add 1 c thin cream or rich milk, ¼ t salt, and then gradually pour onto 1 c flour beating continuously until perfectly smooth and free from lumps. Cut and fold in the stiffly beaten whites of 4 eggs, pour into hot greased gem pans and bake about 15 m in a hot oven, 360 Fahr.

Preparing the Meal

Reheat the cereal, then make the sponge biscuits. While they are baking make the creamed dried beef and the coffee. Serve the cereal, then the dried beef, sponge biscuits and coffee.

SATURDAY MORNING BAKING

Baked Figs

Wash well and soak overnight in just enough water to cover, ½ pound of dried whole figs. In the morning add ½ c sugar, ½ T butter, juice of 1 lemon, a grating of nutmeg and bake 1 h in a moderate oven.

Gingerbread

To ½ c boiling water add 1 T butter. Pour into 1 c molasses with which 1 t soda has been mixed, then add quickly 2 c flour mixed and sifted with 1 T ginger and ½ t salt. Beat well, pour into a deep cake pan and bake in a moderate oven about 1 h or until a sterilized straw, when inserted, can be withdrawn clean.

Spice Cakes

Cream ⅔ c butter with ⅔ c sugar, add the beaten yolk of 1 egg and cream well, then add ⅔ c molasses and mix all together. Add 1 c milk alternately with 2½ c flour mixed and sifted with 2 t soda, 1 t cream of tartar, 2 t cinnamon, ½ t clove, ¼ t allspice, ¼ t nutmeg. When well blended add 1 T lemon juice or vinegar, and cut and fold in the stiffly beaten white of the egg. Pour into muffin pans or individual cake pans and bake 20 m in a moderate oven.

Noodles

Two eggs, 2 T milk, ½ t salt, and flour to make a stiff dough. See Lesson 148.

Method of Work

Immediately after breakfast prepare the figs and while baking make the gingerbread and place in the oven. Then make and bake the spice cakes. Now make the noodles for Saturday evening dinner and set aside to dry.

LUNCHEON OR SUPPER

Saturday **Lesson 147**

BOILED RICE PEA CHOWDER
BREAD AND BUTTER TEA

Boiled Rice

Blanch ¾ c rice—Page 44—cover with 3 c milk and cook in the double boiler until the rice is tender and the liquid absorbed. Add more liquid if necessary. Add ½ t salt and serve at once either plain with butter, or with cream and sugar, as desired. Reserve 1 c rice for future use.

Pea Chowder

Soak ½ c split peas over night in cold water; in the morning drain, cover with cold water, add a bit of soda half the size of a pea, and cook slowly until tender, about 2 or 3 h. Drain, reserving the liquid for soup if desired, add ½ can corn, ½ c milk, ½ t salt and a dash of pepper. Cover and cook slowly for ½ h, add 1 T butter and serve at once.

Preparing the Meal

About 3 h before lunch cook the peas for the chowder; 2 h later blanch and cook the rice. Half an hour before lunch time finish the chowder and just before serving make the tea, cut the bread and butter and place on the table. As soon as the rice and chowder are done serve the lunch.

DINNER

Saturday **Lesson 148**

NOODLE SOUP BOILED BEEF
BOILED POTATOES TURNIPS—GERMAN FASHION
FRESH GINGERBREAD
STEAMED FRUIT ROLL—LEMON SAUCE

Noodles

Beat 2 eggs slightly, add 2 T milk, ½ t salt and flour enough to make a *stiff* dough. Knead it, working in all the flour possible. Roll out very thin, let dry for ½ or ¾ h, then roll up and cut into very thin slices. Shake out into long strips. Add the noodles to the broth and cook ½ h or longer. Remove the meat and keep in a warm place while serving the soup.

Boiled Beef

Wipe a 3 pound piece of beef, from the rump preferably, or from the lower part of the round. Cover with boiling water to sear the surface and thus retain the juices, then cook several h below the boiling point. The liquid drained from the peas may be used in making this broth in addition to the water used. Add a bit of bay leaf, a stalk of celery, ¼ onion, 1 t salt and a dash of pepper, after the meat has been cooking an h or more. If desired 1 c tomatoes may be added also.

Turnips—German Fashion

Wash, pare and dice 4 turnips; put 2 T butter or oil in a frying pan, when hot add the turnips and shake over the fire until golden brown in color. Turn them into a sauce pan and add 1 pint of broth from the boiling beef. Cook slowly until tender, about ½ h. Melt 3 T butter in the pan in which the turnips were browned, add 4 T flour, and stir until well browned, then add slowly the liquid drained from the turnips. Add 1 t onion juice, 1 t salt and a dash of pepper. Add the turnip cubes, heat thoroughly and serve.

Steamed Fruit Roll

Sift together 2 c flour, ½ t salt and 3 t baking-powder; rub in 1 T butter and mix with milk or water, about ¾ c into a stiff dough. Toss onto a floured board, pat into a sheet about ½ inch thick, cover with raspberry jam, strawberry preserves, or any fruit as desired, roll up like a jelly roll, pinching the ends tightly to keep in the fruit. Steam 1 h. Serve with lemon sauce.

Lemon Sauce

One T cornstarch, ½ t salt, ½ c sugar, 1 c boiling water, ½ T butter and the juice of 1 lemon. See Nutmeg Sauce, Lesson 137.

Preparing the Meal

Immediately after lunch prepare the meat for boiling and if a fireless cooker is available place it in it; if not, slowly cook over the simmer burner. Also make the savory rice croquettes for Sunday breakfast and set away until needed. About 1¼ h before dinner make the fruit roll and

steam over the meat. Wash and pare the potatoes and put in part of the steamer, keeping the roli to one side. Wash, pare and dice the turnips, brown, then add the stock and cook slowly until tender. Add the noodles to the broth, allowing ½ h at least for their cooking. Make the lemon sauce for the pudding, finish the turnips, cut some gingerbread and place on the table. When the noodles are done serve the soup, then the rest of the dinner.

If the pudding is not done when ready to serve the soup, place very carefully over hot water for longer cooking.

BREAKFAST

Sunday **Lesson 149**

BAKED FIGS
SAVORY RICE CROQUETTES DRY TOAST
COFFEE

Baked Figs

See Saturday Morning Baking, page 239.

Savory Rice Croquettes

Cook 1 c tomatoes, slice of onion, sprig parsley, 1 clove, small piece of red pepper, ½ c stock or water, ¼ t salt, ¼ c grated cheese, ½ T butter, 20 m. Put through a sieve and add 1 c cooked rice, mix well, and then add 1 egg well beaten. Shape into croquettes, egg and crumb and fry until golden brown in deep hot fat.

Preparing the Meal

Make and shape the rice croquettes on Saturday; also bake the figs Saturday morning with the rest of the baking. While the fat is heating for the croquettes make the toast and coffee. Then fry the croquettes, drain on brown paper. Serve the baked figs, then the croquettes, toast and coffee.

DINNER

Sunday **Lesson 150**

CREAM OF CELERY SOUP
PLANKED STEAK WITH VEGETABLES
GRAPEFRUIT, DATE AND NUT SALAD
MAPLE BAVARIAN CREAM

Cream of Celery Soup

One bunch celery, 1 pint water, ½ t salt, 2 T butter, 2 T flour, 2 c milk. See p. 122.

Planked Steak

Rub the plank thoroughly with salt and put in the broiler under the gas to heat. When well heated place the steak on it, baste with 1 T butter, dust with pepper, and place under the flame, having it turned high at first. Brown first one side, then the other, lower the flame and cook from 8 to 12 m, according to the thickness of the steak. Mash 4 good sized boiled potatoes, add ½ c hot milk, 1 t salt and 2 T butter, beating very light. Put them into a pastry bag having a star tube at the end. When the steak is done, remove from the oven and press the potatoes through the tube, making a border of roses all around the plank.

Drain liquor from 1 can of peas, heat with ¼ c water, season with 1 T butter, 1 t sugar and ½ t salt, and pour around the steak inside the potato border. Serve at once.

Grapefruit, Date and Nut Salad

Remove the pulp of 2 grapefruit, cut into pieces about 1 inch long, add ½ c dates stoned and cut into small pieces and ½ c nut meats. Cover with salad dressing, page 29, and serve on a lettuce leaf.

Maple Bavarian Cream

Soak 2 T gelatine in 2 T cold water. Boil ½ c maple sugar with ¼ c water for 5 m, then slowly pour into the beaten yolks of 2 eggs, stirring constantly. Cook over hot water until the mixture coats the spoon. Remove from the fire, add the gelatine and stir over ice water until the mixture begins to thicken, then fold in the stiffly beaten whites of 2 eggs and the whip from ½ c cream. Turn into a wet mould and chill.

Preparing the Meal

Immediately after breakfast make the Bavarian cream, then prepare the salad and set in a cool place until needed.

An h before dinner time wash and pare the potatoes and cook in boiling salted water. Also wash the celery and put on to cook. Open a can of peas, drain liquor from them and place peas in a sauce pan to be heated. Prepare the steak for broiling and heat the plank. Finish the celery soup, drain and mash the potatoes, keeping hot until needed. Broil the steak, and heat the peas. Serve the soup and

when finished remove the planked steak from the oven, make a border of the potato roses, pour the peas around the steak and serve the dinner.

SUPPER

Sunday **Lesson 151**

FRICASSEED OYSTERS—WAFERS
BREAD AND BUTTER PINEAPPLE
SPICE CAKES COCOA

Fricasseed Oysters

Drain and reserve the liquor from 1 pint of oysters. Pick over the oysters carefully, removing any bits of shell, etc., that may be found. Heat the liquor, strain and add enough milk to make 2 c of liquid. Melt 4 T butter, add 5 T flour and when thoroughly blended add the liquid slowly. Cook, stirring constantly, until the mixture thickens, then place over hot water, add 1 t salt, 2 T lemon juice, 1 T chopped parsley and the oysters. Cook until the oysters become plump and the gills begin to curl, then add slowly 1 well-beaten egg. Cook a minute or so longer, then serve at once on wafers.

Cocoa

Three c milk, 1 c water, 2 T cocoa, 2 T sugar, 1 t cornstarch, ⅛ t salt, 1 t vanilla. See p. 13 if necessary.

Preparing the Meal

About 20 m before supper prepare the fricasseed oysters. While the sauce is cooking make the cocoa, cut the bread and butter, place some cakes on a plate, open a can of pineapple and place all on the table. Finish the oysters and serve the supper.

CHAFING DISH SUPPER FOR EIGHT PEOPLE

Lesson 152

SALMON HOLLANDAISE IN TIMBALE CASES
PIMENTO AND OLIVE SALAD EN WAFERS
WHITE AND BROWN BREAD AND BUTTER SANDWICHES
LEMON SHERBET WITH CHERRIES AND ANGELICA
ANGEL CAKE COFFEE

Color Scheme—Pink and Green.

Table Arrangement

The table may be left uncovered and doilies used, or be covered with pad and table cloth. The chafing dish, with accessories, spoon, flagon and match box, should be arranged on a large tray at one end. The supplies to be used in cooking should be placed in attractive dishes around the tray, having everything there in the way of salt, pepper, etc. Knives, forks, spoons and measuring cup should be arranged neatly at the side ready for use. The service dish for the entire company should be placed in the center, just beyond the chafing dish. To the left of the plates should stand the platter containing the timbale cases; at the right the platter containing the salad wafers; fork, two spoons, glass and napkin should be at each place. Salt and pepper shakers should be placed for every two guests.

The sandwiches should be on four plates on different parts of the table; the cake should be cut and placed on the sideboard; the angelica cut very fine and the cherries in halves, ready to be sprinkled on the sherbet when served.

The coffee service should be on a large tray on a side table or on the sideboard.

The table decoration should be in pink and green and should consist of a low center piece.

Salmon Hollandaise

In the blazer of the chafing dish cream ½ c butter, add the yolks of 2 eggs, one at a time; beat well and add slowly the juice of ½ lemon, ¼ t salt and a speck of cayenne pepper. Then add ½ c boiling water, very slowly, 1½ c salmon, flaked, and ½ c French peas. Cook over hot water until the mixture thickens like custard. Serve in timbale cases.

Timbale Cases

Beat 2 eggs slightly, add 1 c milk. Sift 1 c flour and ¼ t salt together. Add enough of the egg and milk to make a batter than can be beaten smooth and velvety, then add the rest of the liquid. Fry with a timbale iron in deep fat. See p. 176 for timbale frying.

Wafers

Beat 1 egg until light, add ¼ t salt, and enough flour to make a very stiff dough. Roll out until as thin as paper, cut into triangles about 1½ inch on each side. Fry in hot fat. If rolled thin enough they will curl up, making very odd shapes. Drain on brown paper and sprinkle with salt. Fill with the following mixture.

Olive, Pimento and Cheese Filling

Cut the meat from 1 pint of olives and chop fine. Add 3 pimentoes, finely shredded, and 1 package Neufchatel cheese. Mix well and fill the wafers.

Note—Pimentoes should be bought in the small cans. After the can is opened if there are any pimetoes unused turn them into a bowl and cover with the oil in which they were packed, and keep in a cool place. They mould very easily.

Lemon Sherbet

Soak 1 T gelatine in ½ c cold water 10 m; add 1½ c boiling water, and when the gelatine is dissolved add 2 c sugar, juice of 6 lemons and 2 c cold water. Mix all well together and start to freeze, using 1 part salt to 2 parts crushed ice. When partly frozen but still soft, fold in the stiffly beaten whites of 2 eggs. Cover and continue freezing until the mixture is stiff. Repack and set away to ripen for at least 2 h.

Angel Cake

Beat 1⅓ c of egg whites until frothy, add 1 t cream of tartar and beat till stiff, then add gradually 1½ c *sifted* sugar and 1 t vanilla. Mix and *sift four times* 1 c pastry flour and ¼ t salt, then carefully fold into the egg and sugar mixture. Turn into an unbuttered angel cake pan. Bake 40 to 45 m. in a slow oven. After the cake has risen

and begins to brown, cover with a buttered paper to keep the top from becoming too brown. When done invert pan until the cake is cool.

Preparing the Supper

The timbale cases and salad wafers should be prepared in the morning and at the same time so that they may both be fried while the fat is hot. The cake also should be baked in the morning. The sherbet should be made at least 2 h before using. Then the sandwiches may be made, packed in a bowl and covered with a damp cloth. Then the salad mixture made. Prepare the angelica and cherries, then arrange the table.

Measure and prepare the ingredients to be used in the salmon hollandaise, and place on the table. In preparing the salmon drain off the oil, then remove all of the bones and skin from the fish, and separate into small pieces. Drain the liquor from a can of peas, turn into a sieve and rinse well with cold water. Put the sherbet glasses in a cold place. When everything is ready fill the salad wafers and place them on the table; also the timbale cases. Make the coffee, put the cream and sugar on the coffee tray, cut the cake and place on a side table. Then serve the sandwiches. Put hot water in the water bath and light the chafing dish stove. Seat the guests and begin the preparation of the hollandaise.

When the first course has been finished, remove the chafing dish and soiled dishes. Place the coffee tray and the cake on the table, serve the sherbet and pour the coffee.

HELPFUL SUGGESTIONS

Chafing Dishes

In selecting a chafing dish be sure that the lamp can be removed from the standard without disturbing the cooker. This is a great convenience as well as being at times a necessity, as there may be something cooking in the dish which should not be disturbed and the alcohol need replenishing.

The lamp should be so made that the flame can be easily and well regulated, thus increasing or reducing the heat as desired.

The chafing dish consists of the water bath and blazer, the latter being the pan in which the cooking is usually done. Generally the blazer only is provided with a long handle, while the water bath has two short ones. It would be much more convenient to have the long handles on both pans. This can occasionally be found.

A flagon with which to fill the lamp, a fork, a spoon and a skimmer are quite necessary adjuncts to a chafing dish. The whole should be placed on a large tray both for safety and cleanliness.

In using the water bath be careful not to put in too much water, as otherwise it will boil over.

While cooking always have a plate on which to lay the soiled utensils, and a second one on which to place the lid when it is removed from the chafing dish.

Carving at Table

Allow the carver plenty of room and put the roast on a platter ample in size, so placed that it need not be moved by the carver, or as follows: A rib roast of beef—Ends of the ribs at the right; leg of lamb or ham—small leg bone at left; turkey or chicken—with drum sticks at the right; rib of pork, etc.—ends of the ribs towards the carver. A thin rolled rib roast is usually laid flat and sliced towards the carver, with the guard on the carving fork up.

The carving knife and fork should lay, preferably on the carving rest, the fork at the left and the knife at the right. See that the knife is *sharp*.

In carving the fork should be inserted in the best possible position to hold the meat securely, then the meat cut

in thin slices across the grain. This means parallel with ribs and at right angles to the leg bone. If the carver wishes to make a success of his work he should study the cuts of meat carefully, examining the muscles and noting the way in which the grain runs, so that he can cut across it in carving.

The slices when cut should be laid at one end of the platter ready for serving.

The meat before being brought to the table should be carefully examined to see that there are no strings or skewers left in it.

If possible have the butcher crack the bones in such a way that the meat will be easy to carve. For instance, in a porterhouse steak, if the back bone is cracked in about three places the carver can cut straight through, thus serving a bit of the tenderloin with each piece. In case of a rib roast if the bone can be broken between each rib it will greatly facilitate carving.

In carving a turkey or chicken, it is usual first to remove the leg and wing furthest away from the carver, then the other leg and wing, after which the breast is cut in thin slices, first on one side and then on the other. In a small family, if only half a turkey is to be served, one side may be left untouched.

Amounts to Serve

Taking twelve as a unit, the following amounts will be adequate for light refreshments:

One and one-half loaves of bread, counting 24 half slice sandwiches to the loaf.

⅓ pound of butter well creamed before using.

½ pound coffee to 18 c water will make double service.

From ¾ to 1 pint cream will be sufficient.

3 pints of salad should be allowed.

1⅓ bricks or 3 pints bulk ice cream should be allowed.

½ pound salted nuts.

A cake 12 inches square will cut 36 pieces; 8 inches square will cut 16 pieces; 9 inches in diameter will cut 24 pieces.

Uses of the Dover Egg Beater

A large size Dover egg beater will be found a great convenience in the household for use in various ways. Custard inclined to curdle can frequently be made smooth by beating vigorously a few minutes with the egg beater. Lumpy sauces or gravies may also be made smooth by this method. Salad dressing is much more delicate and light if beaten well with an egg beater before using. Cream may be whipped beautifully by placing in a Mason or some other kind of deep jar and beating with a Dover beater.

Tongue in Mince Meat

Mince pies made from mince meat in which boiled tongue and no suet has been used will be found to be entirely free from any tallowy taste when served cold.

Fireless Cooker Substitute

A good substitute for a fireless cooker will be found in a thick earthen casserole. The food to be cooked is placed in the casserole, which is then covered and set in a hot oven. As soon as the dish and contents are thoroughly hot, the fire is either turned out completely, or turned very low, and the heat retained by the earthen dish cooks the food.

Uses for a Wire Frying Basket

A wire frying basket is of great service in cooking potatoes, vegetables of all kinds, eggs, etc. The articles to be cooked are placed in the basket, lowered into hot water, and when done are easily removed all at once by lifting the basket out of the water. In this way they are also easily and perfectly drained.

An Alarm Clock—Housekeeper's Assistant

An alarm clock can be made to be an extremely useful assistant to the housewife. If she has something in the oven which will need attention in the course of 10 or 15 minutes, and she wishes to do some work in another part of the house, the alarm set for the proper time will relieve her of all anxiety and call her when needed. This is only one illustration of the many uses to which it may be put.

MARCH MENUS—COST AND FOOD VALUE—FOUR PERSONS

Supplies	Cost	Food Units — Total	Protein	Fat	Starch & Sugar
6 lbs. Flour	$	9,840	1,180	294	8,366
1 lb. Cornmeal		1,739	157	191	1,391
2 lbs. Whole Wheat Flour		3,328	499	166	2,663
5 lbs. Bread		6,025	783	362	4,880
⅛ lb. Crackers		200	18	40	142
½ lb. Rice		816	72	8	736
⅛ pkg. Ralston		354	53	18	283
⅛ pkg. Pettijohn		426	77	30	319
¼ pkg. Oatmeal		852	154	60	638
¼ pkg. Cornflakes		730	80	7	643
⅛ pkg. Cream of Wheat		354	53	18	283
½ lb. Spaghetti		800	120	16	664
¼ lb. Macaroni		400	60	8	332
4 lbs. Sugar		7,440	...	...	7,440
¼ lb. Maple Sugar		500	...	...	500
½ pt. Strawberry Preserves		1,000	...	...	1,000
1 pt. Molasses		1,332	6	...	1,326
½ lb. Tongue		400	188	212	...
½ lb. Dried Beef		555	300	255	...
2 lbs. Shoulder of Mutton		2,667	934	1,733	...
2 lbs. Liver		1,140	695	445	...
1 lb. Mackerel		800	300	500	...
1 pr. Sweetbreads		576	252	324	...
1½ lbs. Mutton Chops		1,992	596	1,396	...
1 lb. Sausage		1,600	304	1,296	...
1½ lbs. Veal		720	203	517	...
2 lbs. Halibut		940	374	566	...
3 lbs. Rump Roast		3,330	1,498	1,832	...
2 lbs. Porterhouse		1,970	611	1,359	...
1 pt. Oysters		230	112	51	67
3¼ doz. Eggs		3,094	991	2,103	...
8 qts. Milk		5,200	992	2,704	1,504
2 pts. Cream		1,820	91	1,565	164
¼ lb. Cheese		514	129	375	10
3 lbs. Butter		10,815	54	10,761	...
½ lb. English Walnuts		1,600	160	1,328	112
1 pk. Potatoes		2,247	247	22	1,978
¾ pt. Split Peas		1,605	337	290	978
3 cans Peas		1,530	378	48	1,104
1 can Tomatoes		210	44	15	151
½ can Corn		250	33	25	192
1 small cabbage		145	29	12	104
8 Onions		200	26	10	164
3 Carrots		100	10	8	82
4 Turnips		100	13	4	83
2 bunches Celery		100	24	4	72
1 Squash		448	32	32	384
2 bunches Salsify		100	17	10	73
1 box Gelatine		100	19	...	81
1 lb. Prunes		1,600	48	...	1,552
¼ pk. Apples		440	13	31	396
½ lb. Figs		600	30	...	570
¼ lb. Dates		362	7	25	330
¼ lb. Raisins		300	9	27	264
3 Lemons		108	9	15	84
2 Oranges		170	10	16	154
4 Tangerines		340	10	12	318
2 Grapefruit		200	14	8	178
1 can Pears		400	12	16	372
1 can Pineapple		200	8	12	180
⅓ lb. Cocoa		72	12	38	22
⅞ lb. Coffee		...	...	...	...
⅛ lb. Tea		...	...	...	...
Totals for the Week	$	88,026	13,487	31,210	43,329

Food Units per Day—12,575. Food Units per Day per Person—3,143.
Cost of Food per Day—$. Cost per Day per Person—$.
Of the Total Food Value, 15% is Protein, 36% Fat, and 49% is Starch and Sugar.

SUGGESTIONS FOR REDUCING THE COST OF THE MARCH MENUS

Substitute oleo or other substances in place of butter for cooking. Use top of milk in place of cream for cereal and coffee, and reduce quantity of milk, if expensive, by using half water in cooking, or buy skimmed milk.

In L. 131 omit tongue on toast, frizzled beef with eggs in L. 132 and the salad in L. 133. In L. 134 omit eggs in batter, and split pea soup in L. 136. In L. 137 omit the tangerines and substitute dry toast for cornmeal puffs. In L. 138 use ⅓ lb. cold boiled ham instead of sweetbread souffle, and omit the sausage in L. 140.

In L. 143 omit both the fruit and the cereal. In L. 145 substitute fish croquettes for Jerusalem fish balls. In L. 146 use dry toast instead of sponge biscuits. In L. 148 omit noodle soup and gingerbread. In L. 150 have lemon ice instead of maple Bavarian cream, and in L. 151 have Welsh rarebit instead of fricasseed oysters.

ESTIMATED REDUCTIONS

1½ lbs. Butter	$ less	1 lb. Sausage	$
1½ lbs. Oleo	$	Cereal and Fruit	
2 pts. Cream		Jerusalem Fish Balls,	less
3 qts. Milk		Fish Croquettes	
Tongue with Sauce		Sponge Biscuits	
½ lb. Dried Beef & 4 Eggs		Noodle Soup	
2 Oranges		Gingerbread	
Eggs in Batter		Maple Bavarian Cr'm,	less
Split Pea Soup		Lemon Ice	
Tangerines		Fricasseed Oysters	less
Cornmeal Puffs		Welsh Rarebit	
Sweetbread Souffle,	$ less		
⅓ lb. Boiled Ham			$

Original total cost ..... $
Reduction .....

New total cost per week .....
New cost per day .....
New cost per day per person .....

APRIL MENUS

MISS ROBINSON'S WORK SHOP—AN OLD STYLE INCONVENIENT KITCHEN TRANSFORMED. **(See also p.72)**

Table raised to 3 feet and shelf added to give strength and extra room; flour and bread tins held at a convenient heighth by the simple rack. Note that utensils used at the sink are over the sink, those used at the stove near it, or on the shelf within easy reach, and that mixing utensils are in the cupboard near the table. Dish towels are hung on the rack under the shelf by the window.

LESSONS IN COOKING

PART VIII

KITCHEN CONVENIENCES AND APPLIANCES

Study the arrangement of the kitchen so that every article and piece of furniture will be in the most convenient place, and the work done with the least expenditure of time and energy. The following suggestions can be applied in principle in *every* kitchen:

1. *The kitchen should be large enough* for the work that is to be done there, but it should not contain a square inch of waste space. The size will vary with different conditions, but the working space should always be kept as small as possible.

There should be a cross draft of air and a ventilator in the *ceiling,* if possible.

2. *Utilize the wall space* of the kitchen for shelves and cupboards, instead of having a pantry with its open shelves, extra floor space, etc. Have a cupboard for the cooking utensils near the stove, one for supplies and mixing dishes near the table; make them shallow enough so that everything can be seen at a glance, and have the shelves set far enough apart to accommodate the dishes, etc., but near enough to avoid waste of space.

3. *Have enough shelf room,* if possible, to set utensils of different sizes and shapes separately.

4. *Keep all supplies in jars,* glass preferably, which should then be labeled.

5. *A shelf* over or near the stove, for coffee can and coffee pot, tea can and tea pot, salt, pepper, flour dredge, etc., is a very great convenience.

6. *Raise the kitchen table* and the sink to a height six inches below the waist line. This will lessen the strain of work wonderfully, and put an end to the aching back.

7. *Drop shelves,* which can be dropped out of the way when not needed, and raised to make extra table space when necessary, will help exceedingly in a small kitchen.

8. *A thick rug,* made of washable or replaceable material, laid where the worker stands in front of the table, will be a great comfort. Many thicknesses of newspaper covered on both sides with building paper and secured at the edges with adhesive tape makes a very good one.

9. *A separate hook* for every article—no two things on the same hook—will save the disposition.

10. *A waste paper basket* should stand in an inconspicuous place.

11. Instead of a kitchen table drawer filled with everything, substitute the following:

a. *A set of pockets,* each one labeled, hung on the back of a door, for string, corks, etc., large ones for paper sacks, etc.

b. *A leather strap* tacked on the inside of a cupboard door to hold carving and kitchen knives and forks. Tack at intervals so that each article has its particular socket. Leave one for a carborundum knife sharpener.

c. *Two square hooks* near the sink, screwed on a line, to hold the paring knife. It is so convenient while standing at the sink to reach up for the knife rather than to search through a drawer filled with everything.

12. *Hang a pair of scissors* on *two* hooks in a convenient place.

13. *A pin cushion,* with a linen cover, which can be removed and washed, should hang in an accessible place.

14. *A light over the stove* will relieve the strain of trying to see in the dark, often caused by the necessity of standing in one's own light.

15. *A lid rack* with graduated spaces for the lids, the small ones in the front, with the large ones to the back, should be placed near the stove.

16. *A large, light-weight tray* should be kept in a convenient place, ready for use. One of the best devices is the wheel tray, which is a rack on wheels, carying one or two large trays.

17. *A book shelf* for cook books, a clock, a pad with pencil attached for memoranda, and a roll of tissue or toweling paper for wiping out especially greasy or soiled dishes or utensils, should be in every kitchen.

18. *The floor of a kitchen* should be made as easy to stand on as possible. Linoleum over a wooden floor will be found most convenient. Let the linoleum run up on the base board, over a concave quarter round, thus eliminating the corner between the wall and the floor.

If the linoleum is shellaced or varnished once a year or oftener, it will wear much longer and look better.

19. *The kitchen should have a smooth wall,* either painted or papered with oilcloth paper, either of which can be easily washed; or else the wall should be freshly calcimined twice a year.

Coating the painted wall with a thin boiled starch solution has been recommended as highly effective in removing the dirt and grease easily, without injury to the paint.

20. *White oilcloth* pasted on the wall over the stove and sink will be a great protection, and very easy to keep clean. Pasting oil cloth on tables, shelves, etc., will be as effective as enameling. A good grade, like "Sanitas," should be used.

21. *Cooking utensils* should be of the best quality and sufficient in number. Use drip pans with rounded corners of aluminum or high grade enamel. The ordinary tin or sheet iron pans made from a folded sheet are almost impossible to clean perfectly and at best require much extra time in washing. If cooking utensils are properly selected, they should be easily cleaned. Do not waste time cleaning old rough tin, or chipped enamelware. Buy muffin pans and other baking dishes which in combination fit the oven, so that it may be used to the best advantage.

APRIL MENUS

Monday **Lesson 153**

BREAKFAST

BANANAS AND CREAM
SCRAMBLED EGGS WITH CHOPPED MEAT
DRY TOAST COFFEE

Scrambled Eggs

Beat 4 eggs lightly, add ½ c milk or cream, or water, 1 t salt, dash of pepper, and a few drops of onion juice. Grind ½ c cold cooked meat, and add to the egg mixture. Turn into a buttered frying-pan and cook slowly, stirring occasionally, until thickened, but *not hard,* turn one half over the other like an omelet, and serve at once.

Preparing the Meal

Grind the meat, then prepare the scrambled eggs, and while cooking make the toast and coffee. Serve the fruit, then the eggs, toast and coffee.

Immediately after breakfast start the nut bread and set in a warm place to rise.

LUNCHEON OR SUPPER

Monday **Lesson 154**

ALMOND STEAK
HASHED BROWNED POTATOES NUT BREAD
TEA

Almond Steak

Trim 1 lb. round steak and put it with ¼ c almonds through the meat grinder; mix thoroughly, add ½ t salt, dash of pepper, and form into a large steak, either oblong or round, 1 inch thick. Put it at once into a hot greased pan, broil quickly, first on one side, then the other, lower the flame and cook 6 or 7 m. Spread with 1 T butter and serve at once.

Hashed Browned Potatoes

Two cold boiled potatoes, ½ t salt, dash of pepper, 4 T milk or cream. See p 166 if necessary.

Nut Bread

To 2 c lukewarm water in which 1 T butter has been melted, add ½ cake compressed yeast dissolved in ½ c luke-

warm water, 1 t salt, 1 T sugar, 1 c chopped nuts and about 7 c flour. Mix well and knead until no longer sticky, then return to the mixing bowl, and set in a warm place, 80-90 Fahr., to rise. When double its bulk, cut down and knead again, return to the bowl, and set away to rise a second time. Then knead, shape into loaves, and a small pan of biscuits; let rise again, and bake about 1 h in a moderate oven.

Preparing the Meal

About 20 m before lunch, grind the meat and nuts and prepare the almond steak. Then chop the potatoes and place in a hot pan. While cooking, broil the almond steak, make the tea, and put the nut biscuits, made in the morning, on a plate. Serve the lunch.

Immediately after lunch make the Jerusalem Pudding for dinner.

DINNER

Monday **Lesson 155**

VEAL—ITALIAN STYLE
FRENCH FRIED SWEET POTATOES
BREAD AND BUTTER JELLY
JERUSALEM PUDDING

Veal—Italian Style

Break ½ package macaroni into small pieces and cook in boiling salted water 20 m. Drain, cover with cold water, and let stand while cutting 1 lb. veal steak into small cubes. Put 1 T butter, oil or suet into a frying-pan, and when hot add the veal cubes. Brown the meat well, then lower the flame, cover and cook slowly for ½ h. While the meat is cooking, drain the macaroni, add 1 c stock or strained tomatoes, and simmer gently until the macaroni is thoroughly cooked and tender. Mix 2 T cheese with 1 c bread crumbs, add a dash of red pepper and ¼ t salt. Add ½ t salt to the macaroni, and dust ½ t over the veal cubes. When ready to serve, put the veal in the center of the platter and pour the macaroni around it. Put the crumb mixture in the frying-pan in which the veal was cooked, stir over the fire until hot and slightly browned, then place over the top of the meat and macaroni, and serve at once.

French Fried Sweet Potatoes

Peel 4 sweet potatoes, cut them into slices lengthwise, ¼ inch thick. Have ready a kettle of hot fat, about 300 Fhr., put the slices of potato into a frying basket, lower into the hot fat, cook slowly until tender and perfectly brown. Drain on brown paper, dust with salt, and serve.

Jerusalem Pudding

Cover 1 T gelatine with ¼ c cold water and soak ½ h. Wash 2 T rice, boil rapidly in boiling salted water for 20 m, or until tender, drain and spread out on a plate to dry. Stone and chop fine 12 dates; whip 1 c cream and when stiff add the rice and dates, then ½ c powdered sugar. Dissolve the gelatine over hot water, add it with ½ t vanilla to the cream, and stir the whole; set in a pan of ice water until it begins to thicken and the rice does not settle to the bottom. Turn into a wet mould and place in a cold place until set. Serve very cold.

Preparing the Meal

About ¾ h before dinner time, pare and slice the sweet potatoes for frying. Then cook the macaroni and prepare the veal for cooking. Have the fat heating while preparing the macaroni and veal and allow 20 m for the potatoes to cook. While cooking prepare the bread crumbs and cheese, finish the veal and macaroni, drain the potatoes, and serve the dinner.

The pudding should be made either after lunch or breakfast, as convenient.

BREAKFAST

Tuesday **Lesson 156**

PUFFED RICE—CREAM AND SUGAR
POTATOES FRIED FROM THE RAW
HOT CORNBREAD COFFEE

Potatoes Fried from the Raw

Wash and pare 4 medium sized potatoes. Slice very thinly; if possible, use a slaw cutter to make the slices just like paper. Drain from the water, wipe thoroughly, and put into a frying-pan in which 2 T butter have been melted. Add 1 t salt, cover and cook slowly, stirring occasionally, until tender and well browned.

Corn Bread

Three-fourths c cornmeal, ¾ c flour, ½ t salt, ½ t soda, 1 T sugar, 1 beaten egg, 1 c thick sour milk. (See p 134 if necessary.)

Preparing the Meal

About ¾ h before breakfast, prepare the potatoes and place in the frying-pan. While cooking, make the cornbread and place in the oven. Make the coffee, and heat the rice for a few moments in the oven to freshen it. Serve the cereal, then the potatoes, cornbread and coffee.

LUNCHEON OR SUPPER

Tuesday **Lesson 157**

SAUTED BRAINS RICE SOUFFLE
BREAD AND BUTTER PLUM JELLY
TEA

Sauted Brains

Wash a calf's brain well, removing all connecting tissue and all clotted blood. If necessary, soak ½ h or more in cold water. Cut into slices ½ inch thick, dip in crumbs, then in egg, then crumbs, and saute in 2 T butter until tender throughout and golden brown in color. Brains being soft, and lacking any tough tissue, cook very easily and quickly.

Rice Souffle

Cook ¼ c rice in 2 c boiling salted water for 15 m; drain. Add 1 c milk, ½ t salt, 1 T chopped parsley, and 1 T chopped celery, and cook 10 m in a double boiler. Remove from the fire, add 1 T butter, and the beaten yolks of 2 eggs, then carefully cut and fold in the stiffly beaten whites of 2 eggs. Turn into a buttered baking dish, set in a pan of water, and bake 20 m, or until set.

Preparing the Meal

About 1 h before lunch, wash the brains and soak in cold water. Then blanch and cook the rice. Drain the brains, slice, egg and crumb, and set aside until ready to saute. Finish the preparation of the rice souffle, and while baking saute the brains. Cut the bread and butter, and with some jelly place on the table. Make the tea and serve the lunch.

DINNER

Tuesday **Lesson 158**

BEEF ROLL
NEW POTATOES IN CREAM BEETS ITALIAN FASHION
RHUBARB PIE

Beef Roll

Wipe and trim a slice of round steak, spread with a dressing of 1 c bread crumbs, ½ t each salt and sage, dash of pepper, and 1 onion chopped fine, ¼ c milk and 1 T melted butter; roll and tie firmly. Melt 2 T butter, suet, bacon or pork fat, in a saucepan, brown the roll well in this, then add 2 c hot water, and simmer 2 h. Remove the roll, thicken the liquor, using 2 T flour for each c of liquid, and serve, either separately or poured around the meat, as desired.

New Potatoes in Cream

Wash and scrape well 6 small new potatoes. Cover with boiling salted water and cook until tender. Drain, add 1 c Medium White Sauce (2 T butter, 2 T flour, 1 c milk), 1 T chopped parsley, and serve at once.

Beets—Italian Fashion

Wash well and cook 6 young fresh beets in boiling water until tender; drain, cover with cold water, and with the hands push off the skins, and cut the beets into thin slices. Melt 4 T butter in a frying-pan, add 1 small onion chopped fine, and stir constantly until softened and yellow, but not browned, then add 3 T flour, ½ t salt, ¼ t pepper, and stir until well blended. Add ½ t sugar, and 1½ c milk; let cook, stirring constantly until the sauce boils; simmer a few m, add 1 t vinegar, or 1 T lemon juice, and pour over the beets. Serve at once.

Rhubarb Pie

Peel and cut into inch pieces sufficient rhubarb to fill 3 c, pour boiling water over it and let stand 10 m. Drain, fill a pie plate lined with paste (p 130), sprinkle thickly with 1 c sugar and 2 T flour, dot with bits of butter, using 2 T, cover with a crust, and bake until the crust is brown and flaky and the rhubarb cooked.

Preparing the Meal

About 2½ h before dinner, prepare the Beef Roll. While cooking, make the Rhubarb Pie. Then wash and cook the beets, allowing at least 40 m for their cookery, wash and scrape the new potatoes, and cook about 30 m. Make the sauce for the beets, then for the potatoes, and complete their preparation. Remove the meat from the liquor, thicken the latter, using 2 T flour for 1 c liquid, and serve the dinner.

BREAKFAST

Wednesday **Lesson 159**

PETTIJOHN—CREAM AND SUGAR
MILK TOAST—GERMAN STYLE
COFFEE DOUGHNUTS

Pettijohn

One c pettijohn, 2 c boiling water, ½ t salt.

Milk Toast—German Style

To 1 pint scalded milk add 1 T butter, 1 T sugar, ½ t salt, 1 t cinnamon, and ¼ t nutmeg. Pour over 6 slices of rusk, preferably; if not available, 6 well toasted slices of bread. Serve at once.

Preparing the Meal

Reheat the cereal; while the milk is heating for the toast, make the coffee and toast, put some doughnuts on the table, then add the seasoning to the milk. Serve the cereal, then the milk toast, coffee and doughnuts, which have been made previously. Pour the hot milk over the toast just before serving.

Make the Chocolate Hermits immediately after breakfast, leaving the dough to chill until time to prepare the lunch. *Bake with the meat pies.* Also make the Pineapple Snow in the morning for dinner.

LUNCHEON OR SUPPER

Wednesday **Lesson 160**

INDIVIDUAL MEAT PIES
CHOCOLATE HERMITS TEA

Individual Meat Pies

Make a biscuit dough, 1 c flour, 2 t baking powder, ¼ t salt, ½ T shortening, ⅜ c milk or water.

Cut any of the Beef Roll left from the preceding evening into 1 inch cubes. If there is not enough left, 1 lb. beef

stew may be used, all fat and gristle being removed from the pieces, however. Use equal quantities of meat and gravy, seasoning with ¼ c currants, ¼ t each cloves and cinnamon for each 2 c of meat. Arrange in individual pans, cover the top with a round of dough, about 4 inches in diameter, and bake about 20 m in a hot oven. Serve at once. If raw meat is used, it must be cooked as a stew first, because the time allowed for baking is not sufficient to cook raw meat.

Chocolate Hermits

Cream together ¼ c butter and ½ c sugar, add the yolk of 1 egg, and beat well. Cook 2 T chocolate, 1 T sugar, and 1 T boiling water, 1 m or so, then add to the butter mixture. Add 1 c flour, mixed and sifted with 1 t baking powder, then ½ c nut meats and ½ c raisins, scalded and seeded. Cut and fold in the stiffly beaten white of the egg, and when well mixed place the dough in a *cold* place. When thoroughly chilled, roll out very thin, cut into shape, and bake in a moderate oven.

Preparing the Meal

About ¾ h before lunch, prepare the meat for the pies, then make the dough and put on the pies. Roll out the Hermit dough, made in the morning, cut, and bake at the same time as the meat pies. Make the tea and serve the lunch.

DINNER

Wednesday **Lesson 161**

BLANQUETTES OF CALVES' HEARTS
BOILED RICE GREEN PEAS
KIDNEY BEAN SALAD
PINEAPPLE SNOW

Blanquettes of Calves' Hearts

Wash 2 calves' hearts thoroughly in cold water and cut into 1 inch cubes. Put them into a saucepan, cover with 1 qt boiling water, boil up, skim, then simmer gently for 2 h. When tender, mix together 3 T butter and 3 T flour, add 2 c of the liquor in which the hearts were cooked, stir until boiling, add 1 t salt and a dash of pepper. Beat 1 egg slightly, pour the gravy slowly onto it, mixing well, add the hearts, and serve at once.

Boiled Rice

Half c rice, 1 pt boiling water, 1 t salt, boil rapidly until tender.

Green Peas

Drain the liquor from 1 can peas, heat with ¼ c water, add 1 T butter, ½ t salt, 1 t sugar, dash of pepper, and serve at once.

Kidney Bean Salad

Drain the liquor from 1 can kidney beans, add 2 hard boiled eggs, sliced, ¼ c diced celery, cover with salad dressing (½ t mustard, ¼ t salt, 1½ T sugar, ⅜ c vinegar, yolks of 3 eggs; see p 29), and serve cold on lettuce leaves.

Pineapple Snow

Scald 2 c milk. Mix 4 T cornstarch, 4 T sugar, and ½ t salt well together, mix to a paste with ¼ c cold milk, and add to the hot milk. Cook 15 or 20 m; add several spoonfuls, a little at a time, to the beaten yolks of 2 eggs. Return to the thickened milk and cook several m longer. Remove from the fire, fold in the stiffly beaten whites of 2 eggs and ½ c grated pineapple. Pour into wet moulds, and, when set, serve very cold.

Preparing the Meal

About 2¼ h before dinner time, prepare the hearts and start to cooking. Make the salad, arrange on lettuce leaves and set in a cool place until needed.

One h before dinner, blanch and cook the rice, and 10 m before serving, open and drain a can of peas, heat and season. Make the gravy for the hearts, and serve the dinner.

The pudding has been made in the morning, after breakfast.

BREAKFAST

Thursday **Lesson 162**

WHEAT BERRIES WITH BAKED APPLES—CREAM AND SUGAR
FRENCH HASH DRY TOAST
COFFEE

Wheat Berries

Heat to make thoroughly crisp, then serve with apples previously cooked, or with other stewed fruit.

French Hash

Chop finely any pieces of heart left from the preceding dinner. Reheat in the gravy. Toast 4 pieces of bread and carefully poach 4 eggs. On top of the toast pile the chopped hearts, and on top of this place a poached egg. Serve at once. If the heart is not on hand, it will have to be cooked previously, according to directions in Lesson 161.

Preparing the Meal

Chop the heart and mix with the gravy. While heating make the coffee, heat the cereal, and toast the bread. Just before serving the cereal, start the eggs to poaching, having the flame turned very low. Finish the French Hash, and serve at once with the toast and coffee.

After breakfast, cook the lentils and make the brown bread for lunch and the turnip jelly for dinner.

LUNCHEON OR SUPPER

Thursday **Lesson 163**

LENTIL SOUFFLE
BROWN BREAD AND BUTTER TEA
POOR MAN'S TARTLETS

Lentil Souffle

Wash ½ pt lentils, cover with cold water, and soak over night. In the morning drain, cover with boiling water and cook slowly 1 h. Drain, press through a colander, add ¼ c milk, 1 t salt, ¼ t pepper, 1 T butter, and the yolks of 2 eggs. Beat well, then cut and fold in the stiffly beaten whites of 2 eggs. Turn into a buttered baking dish, set in a pan of water, and bake until set, about 20-30 m.

Brown Bread

Mix well and sift 1 c each, cornmeal, rye, and graham flour, 1¾ t soda, and 2 t baking powder. Add ½ c brown sugar, ½ c molasses and 2½ c sour milk. Steam 3 h, or 1½ h and bake 1 h in the oven.

Poor Man's Tartlets

Beat the white of 1 egg until frothy, then add 2 T powdered sugar, and beat until fine and white. Spread each one of 12 square crackers (Uneeda Biscuit are excellent to use) with 2 t jelly. Over the jelly spread the meringue. Dust the tops with 2 T powdered sugar, and brown in a slow oven.

Preparing the Meal

Half h before lunch, make the Lentil Souffle and place in the oven. Then make and bake the Tartlets. Cut the brown bread, make the tea, and serve the lunch.

DINNER

Thursday **Lesson 164**

BAKED LOIN OF MUTTON
BROWNED POTATOES STEWED TOMATOES
TURNIPS IN JELLY
APPLE DUMPLINGS

Baked Loin of Mutton

Wipe the loin, place in a baking-pan, rub over with butter, dredge with flour, and put in the oven. The heat should be intense at first, so as to sear the surface of the meat, then lowered and the meat baked slowly for 1½ h. The loin is a long piece of solid meat, 2 or 3 inches in diameter and sometimes 12 inches long. It is the most tender part of the animal.

Browned Potatoes

About 1 h before the meat is done, place 8 medium sized potatoes, washed and pared, in the pan with the meat, and bake until tender. If necessary, add a little hot water, ¼ c, to the pan in which the meat is cooking.

Stewed Tomatoes

One can tomatoes, 1 t salt, 2 T sugar, dash of pepper, 2 T flour, 2 T butter. (See p 44, if desired.)

Turnips in Jelly

Cover 2 T gelatine with ½ c cold water and soak ½ h or longer. Wash, pare and cut 4 turnips into tiny dice, ¼ inch on the side; cover with boiling salted water, and cook until transparent. To the soaked gelatine add the juice of 2 lemons, 1 t salt, 1 T vinegar, 1 T catsup, and 2 c boiling water. Strain into a bowl, set in a cold place, and when cool stir until it begins to thicken, then add the turnip. Mix well and set aside to harden. If desired, at this point it may be moulded in individual moulds, and when set served on a lettuce leaf with Mayonnaise Dressing.

Apple Dumplings

Wash, pare and core 6 small apples. Make a biscuit dough

of 2 c flour, 4 t baking powder, ½ t salt, 1 T shortening, and ¾ c milk or water, toss out onto a floured board and pat out to about ½ inch in thickness. Cut into 4 inch rounds, place cored apple in the center of each, fill the core cavity with 1 T sugar, and ½ t cinnamon, and press the dough firmly around the apples, completely covering them.

Place in a baking-pan about 1 inch apart, sprinkle with 1 c sugar, add 2 T butter in dots over the top, and ½ c hot water. Bake 20 m in a quick oven, or until the crust is brown and the apples, when pierced, are tender. Serve with cream and sugar, or milk to which sugar and nutmeg have been added—¼ c sugar and ½ t nutmeg to each 2 c milk.

Preparing the Meal

One and one-half h before dinner, prepare the loin and place in the oven. Now wash and pare the potatoes and put in the pan with the meat, allowing 1 h for baking. Wash, pare, and core the apples, then make the dough for the dumplings, and prepare for the oven, allowing 20 to 30 m for their baking. Now open a can of tomatoes, add the seasoning and stew about 20 m. Arrange the turnip jelly made in the morning on salad plates ready for serving. Prepare the milk to be served with the apple dumplings.

When the meat and potatoes are done, serve the dinner.

BREAKFAST

Friday **Lesson 165**

FARINA—CREAM AND SUGAR
MUTTON RAMIKINS COFFEE CAKE
COFFEE

Farina

Half c Farina, 2½ c boiling water, 1 t salt. Reserve 1 c of the cooked porridge for the pudding for dinner.

Mutton Ramikins

Chop finely enough mutton left from the preceding evening to fill 2 c. Make 1 c brown gravy (2 T butter, 2 T flour, browned, 1 c liquid), add 1 t chopped mint, simmer a minute, and add the chopped meat and the yolk of egg, beaten well. Then cut and fold in the white, beaten stiff, turn into buttered ramikins and bake, set in a pan of cold water. Heat thoroughly, pour over toast, and serve.

Coffee Cake

One c scalded milk, ⅓ c butter, ¼ c sugar, ½ t salt, ⅓ cake yeast, ¼ c lukewarm water, 1 egg, flour, ½ c raisins; spread with 3 T melted butter, ⅓ c sugar, 1 t cinnamon; see p 55.

Preparing the Meal

Reheat the cereal, then make the gravy, and while cooking chop the meat and make the Ramikins. While baking, reheat the coffee cake made previously and then make the coffee. Serve the cereal, then the meat and coffee.

After breakfast, make the Chocolate Farina Pudding for dinner.

LUNCHEON OR SUPPER

Friday **Lesson 166**

BEEFSTEAK WITH ONIONS

POTATOES WARMED IN MILK BREAD AND BUTTER

TEA

Beefsteak with Onions

Slice 4 onions thinly and separate into the natural rings; cover with boiling water, add 1 t salt and cook slowly for 20 m; drain. Throw them into a hot saucepan and when they have lost a portion of the water add 1 T butter, stir until slightly browned, then set aside until the steak is broiled.

Pound well 1 slice of top of round, then broil, p 14. When the steak is done, season with salt and pepper, add 1 T butter, and place the onions over the top. Serve at once.

Potatoes Warmed in Milk

Cut cold cooked potatoes left from the preceding evening into slices or cubes, as desired, place in frying-pan with 2 T butter and ½ c milk; heat thoroughly, and serve at once.

Preparing the Meal

About ½ h before lunch, slice the onions and put on to cook. Wipe and trim the steak and slice the potatoes. Drain the onions, brown in butter, then prepare the potatoes. While they are heating, broil the steak. Make the tea and serve the lunch.

DINNER

Friday **Lesson 167**

HALIBUT Á LA POULETTE
MACARONI WITH BROWN SAUCE PEAS IN TIMBALES
CHOCOLATE FARINA CUSTARD

Halibut a la Poulette

Clean 1½ pounds halibut and cut into 8 strips. Add ⅛ t pepper, 2 t lemon juice, few drops onion juice, and ¼ t salt to ¼ c melted butter, and place over hot water to keep melted. Dip each strip in the butter, roll and fasten with a skewer. Put into a shallow pan, dredge with flour, and bake 12 m in a hot oven. Serve at once.

Macaroni with Brown Sauce

Break ½ pkg macaroni into inch lengths, cover with boiling salted water, and cook 20 m. Drain. Melt 2 T butter, add 2 T flour, and when well browned add 1 c stock or hot water, gradually, stirring all the time, 1 t salt, 1 T grated onion, and, if desired, 1 T tomato catsup, and the macaroni. Cook over hot water for 20 m and serve.

Swedish Timbales

Three-quarters c flour, ½ t salt, 1 t sugar, ½ c milk, 1 egg, 1 T olive oil or butter; see p. 176.

Peas

Drain liquor from 1 can of peas, heat with ¼ c water, season with 1 T butter, 1 t sugar, ½ t salt. Serve in Timbale cases.

Chocolate Farina Custard

Heat 1 pt milk in a double boiler; when hot, sprinkle in 4 t Farina. Cook slowly at least 15 m. Add 2 oz grated chocolate to the yolks of 3 eggs beaten with 4 T sugar, and then add slowly the hot milk; return to the fire, cook a few m, then cut and fold in the stiffly beaten whites of the eggs. Cook 2 or 3 m longer to cook the egg, add 1 t vanilla, pour into wet moulds, and set away to cool.

Note.—In this case, 1 c of Farina left from breakfast may be used. Mix smoothly with 1 pt of milk, cook about 10 m, then proceed as above.

Preparing the Meal

About ¾ h before dinner, put the macaroni on to cook.

Then make the Swedish Timbales, having the fat heating while mixing the batter. Fry the timbales and finish the preparation of the macaroni. Now prepare the fish, and while baking, open and drain a can of peas, heat and season. Serve the dinner as soon as the fish is done. The pudding has been made in the morning and is now ready to serve cold.

After dinner, make the dough for the Hot Cross Buns, and set in a warm place to rise.

BREAKFAST

Saturday **Lesson 168**

STEWED PRUNES
BROILED BACON ON TOMATO TOAST
CREAM MUFFINS COFFEE

Stewed Prunes

Wash well and soak over night ½ pound prunes; in the morning, cook until tender in the water in which they were soaked, adding ½ c sugar, if necessary; 1 T lemon juice added at the last gives a pleasant flavor for a change.

Broiled Bacon

Put very thin slices of Breakfast Bacon into a *cold* frying-pan, and heat slowly, turning often; when golden brown, place on rounds of Tomato Toast.

Tomato Toast

Melt 3 T butter in a saucepan, add ½ c bread crumbs, 1 T sugar, 1 t salt, dash of pepper, and 1 T grated onion. Brown and add 1 c stewed tomatoes. Heat thoroughly, and place on squares of toast.

Cream Muffins

Mix and sift 2 c flour, ½ t salt and 3 t baking powder. Beat the yolks of 2 eggs well, add ¾ c cream and add to the flour. If not thin enough to make a drop batter—that is, a batter that will drop from the spoon—add a little more cream. Cut and fold in the stiffly beaten whites of 2 eggs, pour into muffin pans and bake 20-25 m in a hot oven.

Preparing the Meal

Make the muffins; while baking, prepare the tomato mixture, broil the bacon, make the toast and coffee. Place the prunes cooked the preceding day on the table. When ready

to serve, spread the tomato mixture on the top of each of 4 squares of toast, place the bacon on this, and serve at once with the muffins and coffee.

SATURDAY MORNING BAKING

Raisin Brown Bread

One c each, rye meal, granulated cornmeal, graham flour, ¾ t soda, 1½ t salt, ¾ c molasses, 1¾ c milk or water, 1 c chopped raisins, p 31.

Hot Cross Buns

Scald 1 c milk, add to it 2 T butter, ¼ c sugar, ½ t salt; when lukewarm, add ½ yeast cake dissolved in ¼ c lukewarm water, ¾ t cinnamon, 1 egg well beaten, and 3 c flour. When thoroughly mixed, add ¼ c raisins, stoned and quartered, cover, set in a warm place, and let rise over night. In the morning, shape in forms of large biscuit, place in pan 1 inch apart, let rise, and when double in bulk bake 20 m. Before baking, press a cross shape into the top of each, or when baked and cooled, make a cross of frosting on top of each.

Pfeffer Nuesse

Mix and sift together 1 c sugar, 2 c flour, ½ T cinnamon, ¼ T cloves, ¼ T mace, ¼ T nutmeg, 1 t baking powder; add the grated rind of ½ lemon, ¼ c finely chopped citron, and mix to a dough with 3 eggs. With buttered hands, shape into small balls the size of a hickory nut. Place an inch apart on waxed or buttered paper and bake to a delicate brown in a hot oven. This recipe will make 3 dozen cakes.

Method of Work

Immediately after breakfast, make the Raisin Brown Bread, and while steaming, work down the dough for the Hot Cross Buns, shape and set to rise. Now make and bake the Pfeffer Nuesse. By this time the buns are risen and may be baked. Place the Brown Bread in the oven the last half hour to dry off and prevent any sogginess.

LUNCHEON OR SUPPER

Saturday **Lesson 169**

SCALLOPED FISH AND MACARONI
RAISIN BROWN BREAD TEA

Scalloped Fish and Macaroni

Make ½ c Medium White Sauce (1 T butter, 1 T flour, ½ c milk). Flake the fish left from the preceding evening. In a buttered baking dish place a layer of the macaroni, also left from dinner the night before, over this a layer of flaked fish, then a layer of white sauce. Proceed in this manner until the ingredients are used, cover the top with buttered crumbs, and bake 20 m in a moderate oven.

Preparing the Meal

About 25 m before lunch time, prepare and bake the scalloped fish and macaroni. Cut the brown bread made in the morning, make the tea and serve the lunch.

After lunch, cook the tongue to be used cold for supper the following evening.

DINNER

Saturday **Lesson 170**

KIBBEE

RICED POTATOES SPRING CARROTS

BAKEWELL PUDDING

Kibbee

Chop 1 pound lean round steak fine, add ½ c chopped English walnuts, pecans, almonds, etc., as desired, ½ t salt, and a dash of pepper. Mix and form into balls about 2 inches in diameter. Stand in a baking-pan and pour over them 1 c canned tomatoes. Bake in a moderate oven 30 m, basting frequently. When ready to serve, dish the balls, add to the tomato ½ T butter and ½ T flour, rubbed to a paste; when boiling, add ¼ t salt, and pour the sauce around the balls.

Riced Potatoes

Pass 8 boiled potatoes through a vegetable ricer, heap lightly in a hot vegetable dish, sprinkle with salt, and serve at once. Reserve 2 c for future use.

Boiled Carrots

Wash and scrape 6 carrots thoroughly, cut into dice and cook ¾ h, or until tender, in boiling salted water. Drain, add 2 T butter, ½ t salt, dash of pepper; toss well together, and serve at once.

Bakewell Pudding

Cover the bottom of a baking dish with ½ c chopped dates and figs, scalded and dried, sprinkle 1 c bread crumbs over the top of this. Beat 2 eggs well, add 2 T sugar, 1 c milk, ¼ c chopped nuts, and pour over the crumbs. Bake in a moderate oven 1 h.

Preparing the Meal

An h before dinner, prepare the pudding and place in the oven. While baking, wash and scrape the carrots and potatoes, dice the carrots, and cook both in boiling salted water. Now prepare the Kibbee and place in the oven. Drain and rice the potatoes, turning into a hot vegetable dish, drain and season the carrots, remove the balls from the liquid, thicken the tomatoes, pour around the meat balls, and serve the dinner. Leave the pudding in the oven, with the gas turned off, however, until ready to serve.

After dinner, mix and shape the potato croquettes for frying the next morning.

BREAKFAST

Sunday **Lesson 171**

ICED GRAPE FRUIT
POTATO CROQUETTES HOT CROSS BUNS
COFFEE

Iced Grapefruit

Remove the tough membrane and seeds from halves of chilled grape fruit, add 2 T powdered sugar and 2 T shaved ice to each. Serve at once. See p. 58 for directions.

Potato Croquettes

To 2 c riced potatoes add 2 T melted butter, ½ t salt, 1 beaten egg, ⅛ t pepper, 1 t grated onion and 1 T chopped parsley. Shape as desired, egg and crumb, and fry in deep fat to a golden brown. Serve at once.

Preparing the Meal

Heat the fat for the croquettes while preparing the iced grape fruit. Make the coffee, egg and crumb the croquettes, mixed and shaped the preceding evening, and fry until golden brown in color. Serve the grape fruit, then the croquettes, Hot Cross Buns and coffee. If desired, the buns may be reheated and served warm for breakfast.

DINNER

Sunday **Lesson 172**

CROWN OF PORK
MASHED POTATOES BROWNED SPRING ONIONS
EGG AND CRESS SALAD
GERMAN PUFFS—SABYON SAUCE

Crown of Pork

Obtain pieces containing 6 ribs from each side of a rack of pork, having two pieces of the same length and height; have the backbone removed and cut between the ribs; trim each rib above the eye as for French lamb chops; turn the rib bones outside and the eyes of the chops inside and sew the pieces together into a circle.

Mix 1 c sausage meat with 1 c stale bread crumbs, softened in cold water and wrung dry; add 1 egg, beaten slightly. Put the crown in a baking-pan, with the sausage mixture in the open space inside the crown, cover the bones with buttered paper to keep from burning, dredge with salt, pepper and flour, and bake in a slow oven between 2 and 3 h, basting every 10 m with the drippings, to which ¼ to ½ c hot water is added.

Saute to a delicate brown, in 2 T butter, 2 c small peeled spring onions; add 3 c stock or hot water, and cook until tender, about 1 h. Let the liquid boil away at the last.

Carefully remove the crown to a serving dish, place the onions in the center above the sausage filling, and serve at once.

If the onions cannot be obtained, use the mashed potatoes in place of them.

Mashed Potatoes

Four medium sized potatoes, 1½ T butter, ¼ t salt, ½ c milk.

Egg and Cress Salad

Cut the whites of 4 hard cooked eggs into eighths lengthwise, and arrange them on a bed of cress to simulate the petals of a flower. Place a bit of Mayonnaise in the center of the petals. Press the yolks through a sieve and arrange over the salad. Serve very cold.

German Puffs

Cream ¼ c butter, add ½ c sugar, and cream lightly.

Add the yolks of 2 eggs and beat well. Mix and sift 1 c flour and 1½ t baking powder, and add alternately with ½ c milk. Beat vigorously, then cut and fold in the stiffly beaten whites of 2 eggs. Pour into hot buttered muffin pans and bake about 20 m. Serve with Sabyon Sauce.

Sabyon Sauce

In the upper part of a double boiler beat 2 eggs well, add ½ c sugar, and beat thoroughly. Set over hot water and beat while ½ c grape juice is gradually stirred in. When the sauce has thickened slightly, add 1 t lemon juice, and remove at once from the fire. Be careful that the water in the lower part of the double boiler does *not* boil, otherwise it will be difficult to keep the egg from curdling.

Preparing the Meal

Three h before dinner, prepare the crown of pork and place in the oven. Then cook 4 eggs for the salad. Wash and pare both the potatoes and onions and place in cold water until time to cook.

One and one-quarter h before dinner, saute the onions, then cover them with hot liquid and cook slowly. Also put the potatoes on to cook. Now prepare the salad and set in a cool place until needed. Then make the German Puffs and while baking, the Sabyon Sauce. Drain and mash the potatoes, remove the roast to a hot serving dish, fill the center with the onions, make gravy if desired, and serve the dinner.

Remove the Puffs from the oven when done.

SUPPER

Sunday **Lesson 173**

COLD SLICED TONGUE
PINEAPPLE AND BANANA SALAD WAFERS
PFEFFER NUESSE COCOA

Sliced Tongue

To slice a cold boiled tongue, begin at the thick end and cut directly across the grain.

Pineapple, Banana, and Nut Salad

Cut 2 bananas into slices, add ½ c pineapple cubes and ½ c chopped nuts. Toss together with 2 forks, cover with

salad dressing (½ t mustard, ¼ t salt, 1½ t sugar, ⅜ c vinegar, yolks of 3 eggs, p 29), place on lettuce leaves and serve at once.

Cocoa

Three c milk, 1 c water, 2 T cocoa, 2 T sugar, 1 t cornstarch, ⅛ t salt, 1 t vanilla. (See p 13, if necessary.)

Preparing the Meal

About 15 m before supper time, make the cocoa; while heating, make the salad, slice the tongue, and place both with a plate of Pfeffer Nuesse on the table. When the cocoa is done, serve the meal.

EASTER LUNCHEON

Lesson 174

MINT COCKTAIL
CHICKEN CROQUETTES WITH MUSHROOM SAUCE FINGER ROLLS
BIRD'S-NEST SALAD
ANGEL PARFAIT IN ROLLED VANILLA WAFERS
WHITE AND SUNSHINE CAKE WHITE AND YELLOW CANDY EGGS

Color Scheme—Yellow and White.

Table Decoration

Daffodills or jonquils may be used for the flowers. A pretty effect is secured by having yellow crepe paper under a lace or Mexican table cover or doilies. Tiny chickens can be used effectively either as a center piece or for favors. One can be put at each place holding in its nib a dainty place card in the shape of an egg painted on yellow and white.

Mint Cocktail

Cut 1 can pineapple into small cubes. Remove the pulp of 3 oranges from the dividing membrane and cut into small pieces. Break ¼ pound after dinner mints into tiny pieces and mix with the fruit an hour before lunch, setting away in a cold place; serve in sherbet glasses, covered with crushed ice and powdered sugar.

Chicken Croquettes

To 1½ c thick white sauce (6 T flour, 4 T butter, 1½ c liquid), add 3 c chopped cold cooked chicken, ¾ t salt, ½ t celery salt, speck cayenne pepper, 2 t lemon juice, and if desired a few drops onion juice. Mix well, set in the refrigerator until very cold, then mould with the aid of a chicken croquette mould into tiny chickens. Egg and crumb and fry in hot fat.

Mushroom Sauce

Make 2 c medium white sauce (4 T flour, 4 T butter, 2 c liquid), using part cream and part chicken stock. To this add two cans of the button mushrooms. Season well and just before serving add 1 T minced parsley, if desired.

Finger Rolls

Mix and sift twice 1 qt. flour, 2 T sugar, 1 t salt, and 3 T baking-powder. Cut in ¼ c shortening, lard, snowdrift,

etc.; mix to a soft dough using about 1½ c equal parts milk and water, toss onto a floured board. With the back of the spoon pat it out to about one inch in thickness, taking care that there is no flour on the top of the dough. Soften 4 T butter, cut into small pieces, spread on the top and press into the dough. Fold one half over the other and pat out to about ½ inch in thickness. Cut into strips 3 inches long and ½ inch wide, and bake in a hot oven.

Bird's-nest Salad

Color Neufchatel or Cottage Cheese a delicate green with green coloring paste. Mould into the shape and size of robins' eggs and lay in a nest of shredded lettuce, three to a serving. Sprinkle with coarse black pepper, and serve with French dressing.

Angel Parfait

Boil together 1 c sugar, and ½ c water until it threads. Beat the whites of 3 eggs until stiff and dry, adding ½ t cream of tartar when the eggs are foamy. Pour the syrup slowly onto the whites of the eggs and continue beating until cold. Add 1 T vanilla, and 1 pt. heavy cream, whipped stiff. Put into moulds and let stand for 3 h, packed in equal portions salt and chopped ice.

For this Easter Luncheon color half of the Parfait with either the yolk of an egg or with the yellow coloring matter. Put into the moulds in layers or with a marbled effect.

A very attractive way of serving the dessert for this luncheon would be as follows: Make Vanilla Wafers, roll as cornucopias, fill with the Angel Parfait and lay on a dessert plate with a daffodil beside it.

Rolled Vanilla Wafers

Cream ¼ c butter, add gradually ½ c powdered sugar, and cream in ¼ c milk, adding it a few drops at a time. The mixture should be smooth and creamy. If it seems to curdle, too much milk has been added at a time. By beating well it will become smooth again. Then add ⅞ c bread flour and ½ t vanilla. Spread the mixture *very thinly* on an inverted buttered dripping pan, smoothing it with a broad bladed knife or spatula. Mark in 3 inch squares and bake in a slow oven until delicately browned. When done draw

the pan to the front of the oven, and with a sharp pointed knife run along the crease, separating each wafer. With the point of the knife raise the edge of each wafer and roll either in cornucopias, or cylinders, cornerwise or straight across. This must be done while the wafers are very hot, otherwise they will be too brittle. If they become brittle while handling put back in the oven and reheat. Have the plate and knife ready at hand so that not a moment will be lost after the process of rolling has begun. It may seem a little difficult at first to handle the wafers while they are so hot, but a little practice will make it very easy.

Sunshine Cake

Beat the whites of 10 eggs until stiff and dry, add 1½ c powdered sugar gradually, and continue beating; then add the yolks of 6 eggs beaten until thick and lemon colored, and 1 t lemon extract. Cut, and fold in 1 c flour mixed and sifted with 1 t cream of tartar. Bake 50 m in a moderate oven in an angel-cake pan.

White Cake

One half c butter, 1½ c sugar, ⅔ c water, 3 c flour, 6 t baking-powder, whites 6 eggs, 2 t vanilla. See p. 33, "Cake for Sunday Evening."

Preparing the Luncheon

The day before the luncheon cook the chicken and make the cakes. The chicken can be taken from the skin and bones and the croquette mixture prepared the night before or early enough in the morning so that it will be ice cold before moulding.

Four h before serving make the Angel Parfait and pack in salt and ice. Mould the croquettes and return to the ice box. Prepare the lettuce and lay on the ice; color the cheese, mould into eggs, and put in a cool place. Arrange the table, and set out the dishes. Make the Mint Cocktail and set on the ice. Put the fat for frying the croquettes on to heat, then make the Butter Rolls and set in a cool place.

Make the Mushroom Sauce and keep hot until needed; while the Butter Rolls are baking fry the croquettes, and set in the warming oven. Cut the cake, put the salad on the plates and make the French Dressing. Then make the

coffee and fill the water glasses. Put the cocktail in the sherbet glasses, adding the sugar and shaved ice just before serving. Serve at once.

In serving the luncheon have the plates where they will be kept warm. Lay the chicken croquette on the plate with a spoonful of mushroom sauce, and one or two butter rolls. Have the rest of the butter rolls passed.

Arrange the wafers on two plates preparatory to passing with the salad.

Have the dessert plates for the Parfait in a cold place.

The yellow and white candies can be made of fondant if desired, and either molded in the forms of eggs or melted and made into patties.

HELPFUL SUGGESTIONS

Preparing Oranges

To remove the pulp of the orange from the dividing segment proceed as follows. With a paring knife cut the outside skin off, being careful to take with it the fine membrane covering the pulp. Insert the knife between the pulp and the dividing segment of one section. Work carefully along separating pulp from the skin, then slip the knife up on the other side, removing the entire section of pulp. Proceed in this way with each one. While working hold the orange over a bowl to catch the juice.

Oranges prepared in this way are much nicer for salads, desserts, etc., than when the tough membrane is left on them.

Immersing oranges in hot water for a few minutes before peeling will make the skin come off very easily removing all of the white skin with it.

Shaping Croquettes

Croquette mixtures should be very soft and creamy, but in this condition are very hard to handle unless they are ice cold. In moulding drop a spoonful of the cold mixture first into the breadcrumbs, then press into the mould, making it the desired shape. Unmould and proceed as directed on p. 104.

Moulds of many shapes can be bought, the cone being the best for ordinary purposes, but chickens, rabbits, etc., are very nice for special occasions.

Canned Mushrooms

In using canned mushrooms drain the liquor from them and rinse in cold water. This should be done with all canned vegetables such as peas, string beans, etc., that are in a liquid. The flavor is more delicate, that brackishness which is often noticeable being taken away.

Shredded Lettuce

To shred lettuce wash and dry well, lay several leaves together. If they are very broad split in two places. Roll up tightly and with a sharp knife cut across, making fine shreds. Toss lightly until they unroll and separate. This method

of preparation makes lettuce a very dainty garnish. Parsley can be shredded or minced in the same way.

The leaves are split so that the shreds will not be too long and it will be easier to eat them.

Sealing Moulds

In packing moulds in ice and salt, they should be thoroughly sealed with a piece of soft, pliable paper dipped in melted fat. Lay it along the crack, pressing closely so that it will fit absolutely tight.

APRIL MENUS—COST AND FOOD VALUE—FOUR PERSONS

Supplies	Cost	Food Units: Total	Protein	Fat	Starch & Sugar
6 lbs. Flour	$	9,840	1,180	294	8,366
1 lb. Cornmeal		1,739	157	191	1,391
1 lb. Graham Flour		1,664	249	83	1,332
3 lbs. Bread		3,615	468	219	2,928
½ lb. Rice		816	72	8	736
¼ pkg. Puffed Rice		730	80	7	643
⅛ pkg. Pettijohn		426	77	30	319
¼ pkg. Wheat Berries		730	80	7	643
⅛ pkg. Farina		354	53	18	283
1 lb. Macaroni		1,600	240	32	1,328
5½ lbs. Sugar		10,230	...	...	10,230
½ pt. Molasses		666	3	...	663
4 lbs. Round Steak		4,440	1,600	2,840	...
1 lb. Veal Steak		480	202	278	...
1 lb. Calf's Brain		576	152	424	...
1 lb. Beef Stew		1,110	400	710	...
2 Calves' Hearts		600	166	434	...
3 lbs. Loin of Mutton		3,984	1,792	2,192	...
1½ lbs. Halibut		705	281	424	...
¼ lb. Bacon		800	48	752	...
3 lbs. Roast Pork		4,500	1,080	3,420	...
1 Beef Tongue		800	376	424	...
4 doz. Eggs @ 25c		3,808	1,220	2,588	...
8 qts. Milk		5,200	992	2,704	1,504
2 pts. Cream		1,820	91	1,565	164
3 lbs. Butter		10,815	54	10,761	...
1 lb. English Walnuts		3,200	320	2,656	...
1 pk. Potatoes		2,247	247	22	1,978
⅛ pk. Sweet Potatoes		600	32	88	480
½ pt. Lentils		1,070	225	193	652
2 cans Peas		1,020	252	32	736
1 can Tomatoes		210	44	15	151
1 can Kidney Beans		800	189	25	586
8 Onions		200	26	10	164
6 Carrots		200	20	16	164
4 Turnips		100	13	4	83
6 Beets		200	4	46	150
1 bunch Celery		50	12	2	36
½ box Gelatine		50	9	...	41
2 bunches Rhubarb		100	10	27	63
½ lb. Prunes		800	24	...	776
¼ pk. Apples		440	13	31	396
¼ lb. Figs		300	15	...	285
½ lb. Dates		725	14	51	660
1 lb. Raisins		1,200	36	108	1,056
4 Lemons		144	12	20	112
6 Bananas		400	22	22	356
2 Grapefruit		200	14	8	178
½ can Pineapple		100	4	6	90
3 oz. Chocolate		450	36	324	90
½ oz. Cocoa		72	12	38	22
⅞ lb. Coffee		...	...	...	...
⅛ lb. Tea		...	...	...	...
Total for Week	$	86,926	12,718	34,169	40,059

Food Units per Day—12,418. Food Units per Day per Person—3,104.
Cost of Food per Day—$ Cost per Day per Person—$
Of the Total Food Value, 14% is Protein, 39% is Fat, and 47% is Starch and Sugar.

SUGGESTIONS FOR REDUCING THE COST OF THE APRIL MENUS

Use butter substitutes in cooking. Use top of milk in place of cream for cereal and coffee. If expensive reduce the quantity of milk or use skimmed milk in cooking.

In L. 153 omit the scrambled eggs and chopped meat; also the almond steak in L. 154, substituting lettuce. In L. 155 omit the sweet potatoes, and substitute cherry cubes for Jerusalem pudding for dessert. Cherry cubes may be made from Cherry Jello or Bromangelan, or by flavoring plain gelatine with cherry and, when set, cut into ⅓ inch cubes for serving.

In L. 156 use dry toast instead of hot cornbread or plain rice for puffed rice, and in L. 157 omit the sauted brains. In L. 158 serve old potatoes riced, instead of new potatoes in cream, and use rhubarb sauce in place of pie for dessert. In L. 159 omit the doughnuts, and in L. 161 the peas. In L. 162 omit the cereal and baked apples.

In L. 164 substitute Hamburg roast for baked loin of mutton. In L. 165 omit the cereal and use leftover beef for *beef* ramikins, also use dry toast in place of coffee cake. In L. 167 omit the timbale cases. In L. 168 omit the prunes and the tomato toast and use dry toast instead of cream muffins. In L. 170 use raisin bread pudding instead of bakewell pudding.

In L. 171 have dry toast instead of the hot cross buns. In L. 172 substitute veal steak for roast pork and orange ice for German Puffs and Sabyon sauce for dessert.

ESTIMATED REDUCTIONS.

1½ lbs. butter, c, less 1½ lbs. oleo, c.....$	Jerusalem pudding, c, less cherry cubes, c....
2 qts. milk	Cornbread .....
1 pt. cream	Brains .....
4 eggs	Cream sauce .....
Almond steak, c, less lettuce, c	Pastry for pie .....
Sweet potatoes	Doughnuts .....
	Peas .....
	Wheat, berries, cream and sugar .....

ESTIMATED REDUCTIONS—Continued.

Baked apples .....$
Loin of mutton, c, less Hamburg steak, c....
Farina, cream and sugar..
Coffee cake .....
Timbale cases .....
Prunes .....
Tomato toast .....
Cream muffins .....
Bakewell pudding, c, less raisin bread, c.....
Hot Cross buns.....
Roast pork, c, less veal steak, c.....
German puffs and sauce, c, less orange ice, 10c.

Original total cost.....$
Reduction .....

New total cost per week.....$
New cost per day.....
New cost per day per person.....

MAY MENUS

A BUTLER'S TRAY ON WHEELS
Photograph Furnished by a Massachusetts Student of the A. S. H. E.

LESSONS IN COOKING

PART IX

CARE OF FOOD IN THE HOME

Food should never be kept in paper sacks or packages, but when received should be put away in tightly closed jars, well labeled. Packages that may be opened without damage so that they may be closed, such as crackers, etc., may be left in the package, but care should be taken each time to fold the oiled paper and close the box properly.

Dried fruits should be scalded to kill any germs, washed thoroughly, dried, and put away clean.

Nuts, if bought shelled, should be scalded, dried and put away in glass jars, ready for use.

Vegetables of the tuber class should be kept in a dark place.

Green vegetables should either be put into water, or else washed, laid in cloths or folds of paper, and kept on ice or in a cool place.

Bread should *never* be wrapped in cloths, but kept in tin boxes or stone jars, which should be scalded out every week, aired and dried thoroughly.

Cake, doughnuts, cookies, etc., should also be kept in tin boxes or stone jars.

Meat, when received from the butcher, should be removed from the paper immediately, put on a plate and set near the ice or in a cool place. Before using it should be wiped with a damp cloth.

Eggs, when received, should be washed and kept in a cool place. If desired very cold, and no ice is on hand, let stand in cold water.

Butter should be kept in a covered jar in a cool place. If set in the refrigerator, it, with the milk, should be placed on the bottom shelf, so that any odors that might arise from other foods will be less likely to permeate them.

Milk, when received, unless in bottles, should be put into well scalded, cooled pans. If in bottles, wash carefully, especially the mouth and top, and let the milk stand in them until ready for use.

Care and Use of the Refrigerator

The refrigerator should be washed once a week when the ice is low or out. The drains should be carefully cleaned out, using for this purpose a round stick with swab attached, or a brush with the bristles coming out from the center, made especially for this purpose. The little cup under the drain should receive special attention. If the refrigerator is attached to a main drain, the pipes leading to it should occasionally be cleaned and flushed. A piece of charcoal laid in the refrigerator will absorb odors and impurities, and will aid greatly in keeping it sweet and pure.

What to do Without Ice

This is a problem confronting many housekeepers. If there is a cellar, of course that is the solution. A "dumb waiter" running from the kitchen or pantry to the cold room of the cellar will save many steps.

A window box, of which there are many kinds on the market now, the metal ones being the best, or a home-made one fitted up and set in the window, will keep food very well during cool weather. In warm weather its efficacy can be increased by keeping heavy cloths, such as burlap or gunny sacks, kept wet in cold water, laid over it. This principle of creating cold by evaporation can be applied in many ways.

A miner's box carrying out this principle can be used in the home, out camping, and in any emergency. Take the frame of a box, the ends, top and bottom on, with the two sides open, and fit it up with shelves. Good dimensions for this would be 2 ft high, 3 ft long and 1 ft deep. Cover the back of the box with three thicknesses of muslin and two layers of burlap, old blanket or other heavy material. Make the front of the box of the same material, but so arranged that it may be raised or opened as a door. Make as nearly dustproof as possible. Keep the front and back wet constantly and the box standing where a breeze will strike it.

A good way to keep the cloth wet is to have a large bowl of water standing on top of the box with strips of cloth running from it to the sides. The water in the bowl will have to be replenished frequently.

The degree of cold obtained will depend greatly upon the condition of the atmosphere. When this is very dry, the evaporation will be much more rapid, and the cold correspondingly increased.

Care of Leftovers

The greatest attention should be given to the care of the leftovers so that they will be in the proper condition to use. Foods should *never* be put away in the dishes in which they have been served, because of the inconvenience, the unattractiveness in appearance, and the inadvisability of setting good dishes in the refrigerator. A small jar should be kept especially for meats. When the meat is brought from the table it should be freed from the bones and fat and put into the jar. If the bones are to be used for soup, put them at one side of the jar. Gravies and the scrapings of the platter should be kept in a small bowl.

Vegetables should receive the care that their character demands. Green vegetables, as stated above should be wrapped in a cloth or paper and put in a cool place. When cooked vegetables are left, plan the use, and put away accordingly. Two or three may be put away together if they are to be combined in a made-over dish, as in soups, croquettes, etc.

Jelly glasses are very convenient for this purpose, occupying small space and being easily covered.

Pieces of bread that are left, crusts, etc., should be put in a pan and set in a warm, dry place where they will dry out slowly and be ready to use as bread crumbs or dry bread. They should never be thrown back into the bread box with the other bread. Cake and cookies should be taken care of in the same way dry cake crumbs, being very useful in making desserts.

Small amounts of preserves, jellies, canned fruits, etc., if put away in jelly glasses and kept covered so they will not dry out, can also be used to advantage in desserts and entrees.

Keeping Supplies on Hand

The systematic, thoughtful housekeeper will always have on hand reserve supplies to meet whatever emergency may arise. In selecting these supplies, thought should be given

to the use to which they may be put. Canned soups, and vegetables that can be utilized in cream soups, should be on hand. Canned vegetables are always easy to choose, but it requires a little thought to get materials that could be used for salads. For this, asparagus, string beans, kidney beans, peas, with the addition of nuts, can be utilized very nicely. In fruits, canned peaches, pears, pineapple, white cherries and grapes, either in combination or with oranges, bananas, nuts, etc., will make dainty salads.

The "bouillon cubes" now on the market are excellent and very convenient. A can or two of unsweetened condensed milk may help out in an emergency. There now may be obtained a number of canned dehydrated fruits and vegetables—even dehydrated cream soup—which take up little space in the store closet. These are especially useful when camping. The dried fruits—apricots, peaches, prunes, apples and pears, are much less expensive than canned fruits and may be kept on hand in covered receptacles. They cannot be prepared quickly, however.

Canned fish, such as salmon, kippered herring, etc., and the canned meats, tongue, chicken, corned beef, etc., will help greatly in an emergency, being served either cold or hot, in a natural state, or with some sauce, or made into scalloped dishes, croquettes, souffles, etc. Smoked fish and meats may be kept on hand in small quantities.

For desserts, the following suggestions may be helpful: Boxes of candied pineapple, cherries, and other fruits, with dates, figs and nuts, will always furnish the foundation for a quick, dainty dessert. For example, into the bottom of a pudding dish put some toasted breakfast food, such as puffed wheat, or bread, or cake crumbs, sprinkle over with small pieces of dates and a few nuts. Another layer of breakfast food, with some more dates and nuts on top; over this pour a little soft custard or cream. A few pieces of candied pineapple or cherries on top will make it more attractive.

Canned plum pudding, different kinds of fancy wafers, and preserved fruits will always be ready.

MAY MENUS

Monday — **Lesson 175**

BREAKFAST

CREAM OF WHEAT
BROILED BEEF PATTIES ZANTÉ MUFFINS
COFFEE

Cream of Wheat

Three-eighths c Cream of Wheat, 2 c boiling water, ½ t salt.

Broiled Beef Patties

Grind 1 lb. round steak 2 or 3 times, shape into patties about 2 inches in diameter and ½ inch thick. Place in a smoking hot frying pan and broil about 5 m, browning first one side, then the other. Sprinkle with salt and pepper, spread with butter and serve.

Zanté Muffins

Cream ¼ c butter and ½ c sugar; add 2 eggs well beaten; mix well, then add ¾ c milk. Mix and sift together 1 c cornmeal, ½ c flour, ½ t salt, and 2½ t baking powder. Add to the first mixture with ½ c currants, mix thoroughly and pour into hot buttered muffin pans. Bake about 25 m in a hot oven.

Preparing the Meal

Reheat the cereal if made the previous evening, make the muffins, and while baking prepare the beef patties and make the coffee. Wash the raspberries and serve the cereal. Broil the patties just before serving and bring to the table piping hot with the muffins and coffee.

Immediately after breakfast start the luncheon rolls.

LUNCHEON

Monday — **Lesson 176**

CHAMBERY POTATOES
LUNCHEON ROLLS JELLY
TEA

Chambery Potatoes

Wash, pare and slice very thin, 4 potatoes, using if available, a vegetable cutter. Stand in cold water ½ h, drain and dry between towels. Arrange in layers in a well buttered baking pan, having the pan ¾ full; season each layer

with salt and pepper, and brush over with melted butter. Cook in a moderate oven about ¾ h, or until soft and brown.

Luncheon Rolls

Add 2 T sugar and ¼ t salt to ½ c scalded milk; when lukewarm add ½ yeast cake dissolved in 2 T lukewarm water, and ¾ c flour. Cover, set in a warm place to rise; then add 2 T melted butter, 1 egg well beaten, grated rind of 1 lemon, and enough flour to knead. Let rise again, roll to ½ inch in thickness, shape with a small biscuit cutter, place in a buttered pan close together, let rise again, and bake.

Preparing the Meal

About 1½ h before lunch slice the potatoes and stand in cold water ½ h. Then prepare the potatoes for baking and place in the oven. By this time the rolls should be light and may be baked with the potatoes. The rolls will require about ½ h, while the potatoes will take from ¾ to 1 h to bake.

Place the jelly on the table, make the tea and when the potatoes are done serve the lunch.

DINNER

Monday **Lesson 177**

BEEF A LA MODE
MASHED POTATOES CUCUMBERS A LA POULETTE
APPLE SALAD
FRUIT CANNELONS WITH CREAM

Beef a la Mode

With strips of cloth or with twine bind 3 or 4 lbs. of beef from the top of the round into circular shape. With a sharp knife make several incisions and into these press strips of salt pork, half an inch thick; make other incisions and into these press bread stuffing, ¾ c crumbs, moistened with hot water or stock, 1 t salt, ¼ t pepper, ½ onion chopped fine, 1 T chopped parsley; sear and brown well all sides of the beef in the hot drippings from the salt pork, using an iron kettle; add a sprig or two of parsley, 1 onion and carrot chopped fine, half cover with boiling water, and cook very slowly below the boiling point until tender. This will require 4-5 h. The fireless cooker is splendid for this kind of cookery. Cover tightly, adding

more water as necessary. Remove the meat from the kettle, skim the fat from the liquid, thicken with flour mixed to a paste with cold water, using 2 T flour for each cup of liquid, season with salt and pepper, boil a few m and serve.

Mashed Potatoes

Four medium sized potatoes, 1½ T butter, ½ c milk, 1½ t salt, dash of pepper.

Cucumbers a la Poulette

Pare 2 medium sized cucumbers, cut them in halves, and with a spoon scoop out the seeds. Cut each half into three pieces, crosswise, cover with boiling salted water and cook until tender, about 35-40 m. Drain, reserving 1 c of the liquid. Melt 2 T butter, add 2 T flour and when well blended, add the liquid from the cucumbers, stir until boiling, add ½ t salt, dash of pepper, and pour slowly onto the beaten yolk of 1 egg. Return to the fire, cook a minute longer, add 1 T lemon juice, and the pieces of cucumber, heat thoroughly and serve.

Apple Salad

Wash, pare and dice 3 medium sized tart apples, add ½ c chopped peanuts, 1 stalk celery, cut into ½ inch lengths, cover with salad dressing, and serve on lettuce leaves.

Fruit Cannelons

Mix and sift thoroughly 2 c flour, 1 T sugar, ½ t salt, 2 t baking powder; add 2 T finely ground nuts, mix well, then add ¾ c milk gradually. The dough should be moist, but not wet. Turn out onto a floured board, pat out to about ½ inch in thickness, cut into strips 1 inch wide and 12 inches long, wrap around a cannelon mould, or if not available, a small baking powder can, and stand upright to bake. If no moulds of any kind can be secured, line muffin pans with the dough, brush over with milk, dust with granulated sugar, and bake 20 m in a hot oven. When done slip from the moulds or pan, and fill with fruit, either crushed fresh fruit, or stewed fruit. Serve with cream and sugar.

Preparing the Meal

About 4 h before dinner prepare the beef and put on to cook. An h before dinner wash and pare the potatoes and cucumbers and put each on to cook in boiling salted water. Then make the cannelons, and while baking prepare the

apple salad, placing on lettuce leaves and setting in a cool place until needed. Drain the cucumbers, saving 1 c liquid, make the sauce for them, then drain and mash the potatoes. Remove the meat from the kettle, make gravy if desired, and serve the dinner.

BREAKFAST

Tuesday **Lesson 178**

OATMEAL—CREAM AND SUGAR
EGGS A LA BUCKINGHAM DRY TOAST
COFFEE

Oatmeal

One and one half c oatmeal, 4 c boiling water, 1 t salt. Reserve half of the porridge for future use.

Eggs a la Buckingham

Make 4 slices milk toast, and arrange on a platter. Beat 4 eggs slightly, add ½ t salt, ⅛ t pepper, and ½ c milk. Turn into a heated frying pan in which there are 2 T melted butter, cook, stirring constantly, until of a creamy consistency, pour over the toast, and sprinkle with 4 T grated cheese. Serve at once.

Preparing the Meal

Reheat the cereal and prepare the eggs for cooking. Make the coffee and toast, and cook the eggs. Serve the cereal and put the eggs, a trifle undercooked, on the toast with the grated cheese on top, and set in a very slow oven until ready to serve.

Immediately after breakfast cook the lamb for dinner, also make the pineapple fanchonettes for dessert for dinner. Mould the leftover oatmeal to be used the following morning.

LUNCHEON OR SUPPER

Tuesday **Lesson 179**

POTATO CAKES CHEESE BALLS
BREAD AND BUTTER TOMATO PRESERVES
TEA

Potato Cakes

Two c mashed potato, 1 egg, ½ t salt (p. 127).

Cheese Balls

Mix 1½ c grated cheese with 1 T flour, ¼ t salt, few grains cayenne, and the yolks of 2 eggs. Beat the whites

of 2 eggs stiff and add to the first mixture. Shape in small balls, roll in cracker crumbs, and fry in deep fat to a golden brown. Drain on brown paper.

Preparing the Meal

About 20 m before lunch prepare the potato cakes, then make the cheese balls, having the fat heating while doing so. Saute the potato cakes, fry the cheese balls, make the tea and serve the lunch.

DINNER

Tuesday **Lesson 180**

LAMB FRICASSEE—PEAS
HONGROISE POTATOES ASPARAGUS
PINEAPPLE FANCHONETTES

Lamb Fricassee

Wipe 1½ lbs. lamb, cut from the fore quarter into pieces for serving, cover with boiling water and cook slowly below the boiling point until the meat is tender. Remove from the water, cool, sprinkle with salt and pepper, dredge with flour and saute in butter until golden brown in color. Remove from the pan to a hot dish, make 1 c brown gravy (3 T flour), using the liquid in which the meat was cooked and from which the fat has been skimmed. Add the meat to the gravy, reheat, and serve on a platter with green peas for a border.

Green Peas

Shell 1 qt. green peas, cover with cold water and let stand ½ h. Skim off the undeveloped peas that rise to the top, drain off the water; add a small quantity boiling water, say 1 c to 1 pt. of peas, and cook from 20 to 60 m, according to the age of the peas. Add more water from time to time, if necessary, but do not have much excess to drain off when the peas are cooked. Add salt the last 15 m of cooking. When tender, drain, add 2 T butter, dash of pepper. Pour around the lamb fricassee.

Hongroise Potatoes

Wash, pare and cut into ½ inch cubes enough potatoes to fill 2 c; cover with boiling salted water and parboil 3 m; drain, add ¼ c butter and cook slowly until tender and slightly browned. Make 1 c white sauce (2 T flour), add

few drops onion juice if desired, then add slowly the beaten yolk of 1 egg. Pour over the potato cubes, add 1 T finely chopped parsley, and serve.

Asparagus

Wash 1 bundle of asparagus, and cut into ½ inch lengths, using the tender portions only. Save the tough ends for soup. Set the tips aside, as they will not require as much cooking as the rest of the asparagus. Cover the pieces with boiling salted water and cook until tender, adding the tips, about 15 minutes after the cooking has commenced. Drain, reserving the liquid for soup, add 2 T butter, ½ t salt, and a dash of pepper. Serve at once.

Pineapple Fanchonettes

Beat together 3 eggs, ¼ t salt, ⅔ c sugar, ½ c grated pineapple, and the juice and grated rind of ½ lemon. Turn the mixture into patty pans or tart pans, lined with plain paste (1½ c flour, ⅓ c shortening, ¼ t salt, ¼ t baking powder, ice water, p. 130), and bake in a moderate oven. When partly cold cover with meringue, white of 2 eggs, left from Hongroise Potatoes and Cucumbers a la Poulette, beaten stiff with 2 T sugar (p. 131), brown the top, then cool. Serve cold.

Preparing the Meal

About 1½ h before dinnertime, shell the peas and cover with cold water for ½ h, wash, pare, dice, and cook the potatoes. Wash the asparagus, cut into ½ in. lengths, and cook about 25 m in boiling salted water. Then cook the peas in boiling water. Add the tips after the rest of the asparagus has been cooking 15 m. Now saute the lamb cooked in the morning, and while browning make the sauce for the potatoes. Remove the meat to a hot platter and make the brown gravy. Drain and season the asparagus, also the peas, add the potatoes to the sauce, heat, and serve the dinner. The Pineapple Fanchonettes, made in the morning should be served cold.

BREAKFAST

Wednesday **Lesson 181**

CODDLED APPLES
OATMEAL TIMBALES—CREAM SAUCE
HOE CAKE COFFEE

Coddled Apples

Wash, core, but do *not* pare 4 tart red apples. Make a syrup of 2 c water and 1 c sugar, place the apples in it, and cook covered, until they are tender but have still retained their shape. Remove from the syrup, boil the latter until thick, pour around each apple and serve.

Oatmeal Timbale

Pour leftover oatmeal into wet timbale or custard cups. When cold turn out, scoop out the centers and fill with chopped meat. Place in the oven until thoroughly hot and browned on top. Cover with 1 c Medium White Sauce (2 T flour), and serve.

Hoe Cake

Mix and sift 1 c white cornmeal, ½ t salt, 1 t sugar; pour on gradually 1 c boiling milk or water. If too thin add more cornmeal, but make it thick enough not to spread when put on the griddle. Grease the griddle with salt pork, and drop the mixture on with a large spoon. Pat the cakes out until about ½ inch thick, cook them slowly and when browned put ½ t butter on the top of each and turn over. They cannot cook too long, provided they do not burn.

Preparing the Meal

Make the hoe cake the first thing in the morning, and while baking cook the apples. Make the oatmeal timbales and place in the oven. Then make the coffee and the cream sauce. Serve the apples, then the oatmeal timbales, hoe cake and the coffee.

LUNCHEON OR SUPPER

Wednesday **Lesson 182**

COLD SLICED BEEF STEAMED RICE
EGG ROLLS PEACH BUTTER
TEA

Steamed Rice

Pour 2 c boiling water on 1 c blanched rice; add ½ t salt. Cook in the double boiler 30 m or until tender. Uncover, stir with a fork to let steam escape and dry off the rice. Serve with butter.

Egg Rolls

Mix and sift 2 c flour, ½ t salt and 4 t baking powder. Beat 1 egg lightly, add ¾ c milk, and 2 T melted butter,

and pour into the flour mixture. Mix well together, toss onto a floured board, pat out to about ½ inch in thickness, and cut with a large cutter. Dip a knife handle into flour, press down in the center of each biscuit, making a sort of hinge, brush with half melted butter, fold over and press lightly together. Stand on a greased shallow pan far enough apart not to touch in cooking. Brush the tops with milk and bake in a quick oven 20 m.

Sponge Cake

Beat the yolks of 6 eggs until thick and lemon colored, add 1 c sugar gradually, and continue beating using a Dover egg beater. Add 1 T lemon juice, the grated rind of ½ lemon, and fold in the whites of 6 eggs beaten stiff and dry. When the whites are partially mixed with the yolk mixture cut and fold in very carefully 1 c flour mixed and sifted with ¼ t salt. Bake 1 h in a slow oven in an angel cake pan or a deep narrow pan.

Preparing the Meal

About ¾ h before lunch blanch the rice and put on to cook in a double boiler. Make the egg rolls and bake together with the sponge cake for dinner. While baking slice the beef left from Monday evening, place some peach butter on the table and make the tea. When the rice and rolls are done serve the lunch.

While the rolls are baking have pieces of bread in the oven drying for the zweiback the following morning. Brown thoroughly throughout before removing from the oven.

DINNER

Wednesday **Lesson 183**

CREAM OF ASPARAGUS SOUP
BRAIZED BEEF TONGUE
POTATO CUBES CARROTS AU GRATIN
LEMON MILK SHERBET SPONGE CAKE

Cream of Asparagus Soup

Cut the tough portions of the asparagus left from the preceding day, into small pieces, add the water drained from the asparagus cooked the day before and enough more to make 1 pt. Cook until tender, about ¾ h, then add 1 t salt and press the pulp through a vegetable press.

While the asparagus is cooking melt 2 T butter in the upper part of the double boiler, add 2 T flour, and when well blended add slowly, stirring all the time, 2 c milk. Boil a few m, then set over hot water. When the asparagus is cooked and mashed add to the mixture in the double boiler. Strain, reheat and serve.

Braized Beef Tongue

Use a fresh tongue for braizing. Place in a kettle, cover with boiling water and cook slowly for 2 h. Drain from the water, which should be saved, remove skin and roots, place in a deep pan, and surround with ⅓ c each carrots, onion and celery, cut into small dice, and 1 sprig of parsley; pour over all 4 c of sauce made according to directions given below; cover closely and bake 2 h, turning after the first h. Serve on a platter with the sauce strained around it.

Sauce for the Tongue

Melt ¼ c butter, add ¼ c flour and stir together until well browned. Add gradually 4 c of the water in which the tongue was cooked. Season with salt and pepper, add 1 t Worcestershire Sauce and ½ c stewed tomatoes if desired.

Potato Cubes

Wash, pare, and cut into ½ inch cubes 4 medium sized potatoes. Cover with boiling salted water and cook until tender; drain and add 2 T butter, ½ t salt, ¼ c milk and 2 T chopped parsley. Let stand over hot water until the liquid has been all absorbed. Serve at once.

Carrots au Gratin

Wash, scrape, and dice 6 medium sized young carrots. Cover with boiling salted water and cook 20 m, or until nearly tender. Drain, saving the liquid. Melt 2 T butter, add 2 T flour, and when mixed add gradually, 1 c of the liquid in which the carrots were cooked. Boil a few minutes until thickened, then add ¼ c grated cheese, ½ t salt, dash of pepper, and the carrot cubes. Mix well together, pour into a buttered baking dish, cover the top with buttered crumbs and bake until well heated throughout and browned on top.

Lemon Milk Sherbet

Mix the juice of 2 lemons, ¾ c sugar and 1 c of boiling water. When cooled add slowly 1 pt. of milk. Turn into

a freezer, pack with salt and crushed ice, 1 part of the former to 2 of the latter, and freeze.

Preparing the Meal

Immediately after lunch put the meat on to cook; then make and freeze the sherbet, repack and set away until needed. Standing improves the flavor of frozen desserts.

When the meat has been cooking 2 h, drain, make the sauce and finish the preparation of the tongue. Place in the oven to continue cooking.

About ¾ h before dinner, wash, scrape and dice the carrots, and put on to cook. Also start the asparagus cooking. Then wash, pare, cube, and cook the potatoes. Drain the carrots and prepare for baking. Make the White Sauce 2 T flour, 2 c milk, for the soup, and while cooking mash the asparagus. Then add to the White Sauce. Drain the potato cubes, add the seasoning and cook a little while longer over hot water.

When the tongue is done remove to a hot platter, strain the sauce around it, dish the vegetables, and serve the dinner.

BREAKFAST

Thursday **Lesson 184**

ORANGES
CREAMED ZWEIBACH WITH EGG TIMBALES
COFFEE

Creamed Zweibach

Cut bread or rusk into slices about ½ inch thick, place in the oven with low heat to thoroughly dry and brown throughout. Make a Medium White Sauce (3 T flour, 1½ c milk), pour over the pieces of Zweibach, and serve at once with egg timbales.

This slow drying of the bread changes part of the starch to dextrine, a form of sugar readily assimilated.

Egg Timbales

Butter timbale moulds or custard cups, and break a fresh egg into each cup, place ½ t butter on top of each, set the mould in a pan of water in the oven until the eggs are set. Remove from the oven, loosen from the sides of the cup, and turn out onto pieces of creamed zweibach. Serve at once.

Preparing the Meal

Prepare the egg timbales. Make the White Sauce, then place the timbales in the oven and also reheat the zweibach made the preceding day. While the timbales are cooking make the coffee; cut the oranges in half and serve the fruit, then the eggs, creamed zweibach, and coffee. Immediately after breakfast, cook the beets for dinner. When tender, remove the skins, slice and cover with vinegar.

LUNCHEON OR SUPPER

Thursday **Lesson 185**

TONGUE SOUFFLE
BREAD AND BUTTER JELLY
TEA

Tongue Souffle

Grind 1 c braized tongue left from the preceding evening. Make 1 c Thin White Sauce (1 T flour); when cooked and slightly cooled, add ¼ c breadcrumbs, 1 c ground tongue, ¼ t onion juice, ½ t salt, ⅛ t paprika, 1 T chopped parsley, ½ t chopped celery, and the beaten yolks of 2 eggs. Pour into a buttered baking dish, set in a pan of water, and bake until firm, 20-30 m. If baked in individual moulds, 10-20 m only will be required. Mix thoroughly and fold in the stiffly beaten whites of 2 eggs.

Preparing the Meal

About ½ h before lunch time prepare the tongue souffle and place in the oven; 5 m before it is done make the tea, cut the bread and butter and place on the table with the jelly. Serve the lunch, leaving the souffle in the dish in which it was baked.

DINNER

Thursday **Lesson 186**

FRICASSEED VEAL
MASHED POTATOES STUFFED TOMATOES
NEW BEETS—PICKLED
PEACH CANAPES

Fricasseed Veal

Wipe 2 lbs. veal from the loin and cut into ½ inch cubes. Cover with boiling water, add 1 small onion, 2 stalks celery, and 6 slices carrot. Cook slowly below the boiling point until the meat is tender, about 1 h. Remove

the meat from the broth, sprinkle with salt and pepper, dredge with flour and saute in pork fat until a golden brown in color. Strain the broth of which there should be 2 c. Melt 4 T butter, add 4 T flour, and when mixed add the strained liquor. Boil a few m, season, and pour around the meat.

Stuffed Tomatoes

Select 4 firm good sized tomatoes. Wash thoroughly, then cut a slice from the blossom end and reserve for future use. Very carefully scoop out the interior leaving a firm shell. To the pulp add ½ c bread crumbs, browned in ¼ c butter, ¼ c peas, ¼ c bacon, broiled crisp and cut into small pieces, and ¼ c celery chopped very fine. Season with ½ t salt, ¼ t paprika, cook 5 m, add 1 beaten egg, cook 1 m longer; then fill the shells of the tomatoes, putting on the slices cut off, for covers, place in a dripping pan and bake 20 m in a hot oven.

Note: If the fresh tomatoes cannot be secured use the canned, and lay in layers in baking dish, alternating with the above mixture, and bake as for scalloped.

New Beets—Pickled

Wash 6 medium sized beets thoroughly and cook until tender in boiling water. From ¾ to 3 h will be required dependent upon the age of the beets. Tender new beets will cook in ¾ h. Drain, cover with cold water, and with the hands slip off the skins. Then slice the beets into ¼ inch slices, cover with vinegar, and let stand several h before using.

Peach Canapes

Saute circular pieces of sponge cake in butter until delicately browned. Drain canned peaches from their syrup, cover with powdered sugar, and add a few drops lemon juice and a slight grating of nutmeg. Melt 1 T butter, add the peaches and enough syrup to keep them from burning, heat thoroughly, and serve on the browned cake. Serve hot with or without cream as desired.

Preparing the Meal

About 1¼ h before dinner time prepare the veal for the fricassee and start to cooking. Wash and pare the potatoes and stand in cold water. Wash and remove the pulp

from the tomatoes, prepare the stuffing and refill the shells. Now cook the potatoes in salted water and put the tomatoes in the oven. Cut the cake left from the preceding evening into circular pieces, and saute in butter to a golden brown. Open and drain a can of peaches and heat with 1 T butter and a little syrup. Drain the meat from the broth, dredge with flour and brown in pork fat. Then make 2 c of browned sauce, using the strained broth for the liquid. Drain and mash the potatoes, remove the tomatoes from the oven, put the meat on a hot platter, pouring the sauce around it, and serve the dinner.

Heat the peaches for the canapes just before serving.

BREAKFAST

Friday **Lesson 187**

CANNED PLUMS
LAMB CHOPS BUTTERED TOAST
COFFEE

Lamb Chops

Wipe shoulder chops, broil about 7 m in a hot frying pan, browning both sides, sprinkle with salt and pepper, spread with butter and serve.

Preparing the Meal

Wipe the chops and start to cooking. Open a can of plums and place the fruit on the table in individual portions; make the toast and coffee, not forgetting to turn the chops occasionally. Serve the fruit, then the chops, toast and coffee. Immediately after breakfast make the potato biscuits and set to rise, then make and shape the veal croquettes for lunch.

LUNCHEON OR SUPPER

Friday **Lesson 188**

VEAL CROQUETTES CURRANT JELLY
POTATO BISCUITS TEA

Veal Croquettes

Grind enough meat left from the preceding evening to fill 1 c. Make 1 c Thick White Sauce (4 T flour), add to it ½ c breadcrumbs, ½ t onion juice, 1 T each, chopped celery and parsley, ½ t salt and the chopped meat. Mix thoroughly and when cold shape as desired, cone, square,

cylinder, etc., then egg and crumb, and fry in deep hot fat until brown and heated throughout.

Potato Biscuit

Scald ½ c milk. To it add ½ T butter, 1 T sugar, ½ t salt, and ½ c mashed potato, white or sweet as desired. When lukewarm add yeast cake dissolved in ⅓ c lukewarm water. Mix the sponge with 1½ c or 2 c flour, or until stiff enough to knead. When smooth let rise until double in bulk, then knead, shape, let rise again and bake.

Preparing the Meal

About 20 m before lunch time put the fat on to heat for the veal croquettes. Then egg and crumb the croquettes made and shaped in the morning. When the fat is hot fry the croquettes, make the tea and serve the lunch. The potato biscuits were made and baked in the morning.

Make the raspberry sponge for dinner immediately after lunch.

DINNER

Friday **Lesson 189**

PLANKED SHAD
DUCHESS POTATOES CREAMED BRUSSELS SPROUTS
CUCUMBERS WITH FRENCH DRESSING
RASPBERRY SPONGE

Planked Shad

Clean and split a 3 lb. shad. Put the skin side down on oak plank 1 inch thick, and a little longer and wider than the fish, sprinkle with salt and pepper and brush over with melted butter. Bake 25 m in a hot oven. Remove from the oven, spread with butter and garnish with parsley and lemon. The fish should be served on the plank. In this instance make a border of Duchess potatoes around it.

Planked fish can be well cooked in a gas oven having the flame over the fish.

Duchess Potatoes

To 2 c hot riced potatoes add 2 T butter, ½ t salt and the yolks of 2 eggs or 1 whole egg slightly beaten. Shape with a pastry bag, using star or rose point, make a border around the fish on the plank, brush over with beaten egg diluted with 1 t water, and brown in a hot oven.

Creamed Brussels Sprouts

Pick over 1 pt. brussels sprouts, remove the wilted leaves, then soak in cold water 15 m; cook 20 m or until tender in boiling salted water. Drain, add 1 c Medium White Sauce (2 T flour), and serve.

Note: Brussels sprouts belong to the same family as the cabbage. They are much smaller, however, being about the size of a walnut.

Cucumbers with French Dressing

Cut thick slices from both ends of the cucumber and pare thickly, since the cucumber contains a bitter principle which lies near the skin and stem ends. Slice thin and stand in cold salted water for ½ h before serving. Serve with French Dressing, p. 175.

Raspberry Sponge

Soak ⅔ T gelatine in 3 T cold water ½ h, then dissolve in 3 T boiling water; strain and add ½ c sugar, ½ T lemon juice, and ½ c canned raspberry pulp and juice. Chill in a pan of ice water; when quite thick beat with a wire spoon until frothy, then add the stiffly beaten whites of 2 eggs left from the Duchess potatoes, and fold in the whip from 1 c cream. Turn into a mould, smooth evenly and chill.

Preparing the Meal

About 1 h before dinner wash, pare and put on to cook in boiling salted water 4 medium sized potatoes. Pare and slice the cucumbers and stand in cold water. Pick over and wash the brussels sprouts and cover with cold water for 15 m. Now wipe and split the shad, put on the plank and set in the oven. Drain the sprouts, cover with boiling salted water and while cooking make the white sauce. Now drain and rice the potatoes and prepare the duchess mixture. Remove the fish from the oven, arrange the potato border and return to the oven to brown. Drain the brussels sprouts and add to the white sauce. Heat thoroughly. Place the crisp cucumber slices in lettuce leaves. The French Dressing may be made at the table if desired. Remove the fish with the browned potato border from the oven and serve the dinner.

The raspberry sponge is cold and ready to serve when needed, having been made after lunch.

BREAKFAST

Saturday **Lesson 190**

FARINA
GERMAN TOAST COFFEE

Farina

Use ⅜ c farina, 2 c boiling water , ½ t salt, p. 16.

German Toast

Beat 3 eggs slightly, add ½ t salt, 2 T sugar, and 1 c milk. Soak 6 slices bread in this mixture until soft. Cook on a hot well greased griddle or frying pan; brown on one side, turn and brown on the other. Serve hot either plain or with syrup or powdered sugar.

Preparing the Meal

Reheat the cereal; cut the bread and prepare the egg mixture for the German Toast. Make the coffee then finish the toast, watching that it does not burn. Serve the cereal, then the German Toast and coffee.

Set the sponge for the cinnamon rolls before serving the breakfast.

SATURDAY BAKING

Cinnamon Rolls

Add 2 T sugar, ½ t salt to 1 c scalded milk and when lukewarm add 1 yeast cake dissolved in ¼ c lukewarm water, and 1½ c flour. Cover and set in a warm place to rise. When double in bulk add ⅓ c butter, 4 T sugar, and flour enough to knead; let rise, knead, roll out into a sheet ½ inch thick spread with a mixture made of ¼ c butter, ½ c sugar, 1 T cinnamon, creamed together, roll up like a jelly roll and cut into slices about ¾ inch thick. Place in a pan an inch apart, let rise again, then bake.

Brown Bread

Use 1 c each rye meal, cornmeal, and Graham flour, ¾ t soda, 1½ t salt, ¾ c molasses, 1¾ c sweet milk or water (p. 31).

Macaroons

One half lb. almond paste, 1 c powdered sugar, whites of 3 eggs (p. 121).

White Cake

Cream ½ c butter, add 2 c sugar, then 1 c milk added

alternately with 3 c flour sifted with 4 t baking powder. Add 1 t vanilla and fold in the stiffly beaten whites of 4 eggs. Bake in layers or in 1 loaf as desired.

Mocha Frosting

Cream ⅓ c butter, add gradually 1½ c very fine powdered sugar, and cream well; add 1 T powdered cocoa, and then drop by drop enough strong coffee infusion to make of the right consistency to spread. Beat well before spreading on the cake.

Method of Work

The first thing in the morning set the sponge for the cinnamon rolls. Immediately after breakfast make the brown bread and set to steaming. When this is done the sponge will have risen and the dough may be made, kneaded and set to rise again. Make the macaroons next, and while baking slowly, make the cake. While the cake is baking the cinnamon rolls may be finished, shaped and set to rise again for the last time. Make the frosting for the cake and when the cake is cool spread with the frosting. This frosting will not be injured by standing a while. By the time the cake is baked the rolls will be ready for the oven. Bake about 20 m or ½ h. While the cinnamon rolls are baking, place the brown bread in the oven for the last half hour to dry off and brown.

Make and shape the nut croquettes for dinner and set away in a cool place until needed. Clean, singe, and cut up the chicken for Sunday dinner, and put away in a covered bowl in a cool place.

LUNCHEON OR SUPPER

Saturday **Lesson 191**

FISH A LA CREME

BROWN BREAD AND BUTTER TEA

Fish a la Creme

Make 1 c Medium White Sauce (2 T flour), seasoning with 1 T chopped parsley, 1 t chopped onion; cover the bottom of a small buttered baking dish with ¾ c flaked fish, left from the preceding evening, sprinkle with salt and pepper, and add ½ the sauce; repeat using the same quantity of fish. Cover the top with buttered crumbs and bake in a hot oven until the crumbs are browned.

Preparing the Meal

About 20 m before lunch time prepare the fish a la creme and place in the oven; 5 m before it is done cut the brown bread made in the morning, and place with the butter on the table. Make the tea and serve the lunch.

DINNER

Saturday **Lesson 192**

NUT CROQUETTES
MASHED POTATOES ONION SOUFFLE
WILTED LETTUCE
STRAWBERRY SHORTCAKE

Nut Croquettes

Make 1 c Thick Sauce (3 T butter, 4 T flour), add to it 1 T chopped parsley, 2 T lemon juice, 1 t salt, ¼ t pepper, 1 c ground or chopped nutmeats, 3 T breadcrumbs, and the yolks of 2 eggs, left from the morning's baking. Mix thoroughly, shape, when cold, egg and crumb and fry in deep hot fat to a golden brown in color. Drain on paper. Serve either plain or with White or Tomato Sauce.

Onion Souffle

Cook 6 medium sized onions until tender, about 1 h and pass through a vegetable press. Add the pulp to 1 c Thick White Sauce (4 T flour). Separate the yolks and whites of 3 eggs (in this case use 2 whole eggs and 2 yolks left from the baking), add the beaten yolks to the sauce, with 1 T chopped parsley, then cut and fold in the stiffly beaten whites of the eggs. Turn into a buttered baking dish, set in a pan of water and bake in a moderate oven 20 m or until firm.

Wilted Lettuce

Wash thoroughly and chop slightly 1 head of lettuce. Cut 4 thin slices of bacon into tiny cubes and broil slowly until brown and crisp. To the cubes and fat in the pan add ⅛ t paprika, and ½ c weak vinegar. Mix thoroughly, heat to the boiling point and pour over the lettuce. Serve at once.

Strawberry Shortcake

Use 2 c flour, 4 t baking-powder, ½ t salt, 1 T shortening,

about ¾ c milk or water (p. 47). Bake in 2 sheets, buttered, and placed together.

Pick over and wash 1 qt. of strawberries. Mash slightly adding 1 c sugar. Cover the lower layer of the shortcake with the strawberries, replace the top layer, cover with berries and serve, with or without cream as desired.

Preparing the Meal

About 1 h before dinner time put the onions on to cook in boiling salted water. Since they are to be mashed, and it is not desired to have a very strong flavor, they may be cut into small pieces for cooking, thus lessening the time for cooking by about half. Wash, pare and cook 4 medium sized potatoes. Now make the shortcake and place in the oven. Wash and chop the lettuce, pick over, wash and mash the strawberries with the sugar. Cut the bacon into small cubes for broiling. Make the White Sauce for the souffle.

Now drain and mash the onions, finish the souffle and place in the oven. Put the fat for frying the croquettes over the fire, and while heating egg and crumb the croquettes, and when the fat is hot, fry, allowing about 8 m for cooking. Put the bacon over the fire, and while broiling drain and mash the potatoes. If desired make a tomato or white sauce for the croquettes. Add the vinegar to the bacon fat, and when thoroughly hot pour over the lettuce.

Drain the croquettes, remove the shortcake and souffle from the oven and serve the dinner.

Put the shortcake together just before serving the dinner, reserving the fruit for the top layer, however, until just before the dessert is served.

BREAKFAST

Sunday **Lesson 193**

FRESH STRAWBERRIES WITH POWDERED SUGAR
PUFFED RICE
CHEESE OMELET CINNAMON ROLLS
COFFEE

Strawberries

Pick over and wash well 1 pt. of strawberries. Place in sauce dishes, cover thickly with powdered sugar and serve.

Puffed Rice

Place Quaker Puffed Rice in the oven to become thoroughly crisp before serving.

Cheese Omelet

Use 4 eggs, ½ t salt, dash of pepper, 4 t butter, ¼ c grated cheese (p. 125).

Preparing the Meal

Reheat the cinnamon rolls and at the same time heat the puffed rice. Look over the strawberries, wash and place on the table. Make the omelet, and while slowly cooking make the coffee. Serve the fruit, then the cereal, then the omelet, rolls and coffee. If desired the fruit and cereal may be combined.

DINNER

Sunday **Lesson 194**

FRIED CHICKEN—GRAVY
MASHED POTATOES TOMATOES WITH CREAM SAUCE
APPLE, DATE AND CELERY SALAD
VANILLA ICE CREAM MACAROONS

Fried Chicken

Clean and singe 2 young chickens (p. 101), and cut into pieces for serving. This may be done as follows: Cut the legs from the body, break the joint at the thigh and cut in two. Also break the bone at the knee and cut the lower leg off and discard. Next cut off the neck and wings. Break the breast bone and cut in two lengthwise. Then cut each of these halves in two crosswise. Break the back in two crosswise. Plunge in cold water drain but do not wipe. Sprinkle with salt and pepper, then dredge thickly with flour, having as much flour adhere to the chicken as possible. Cook slowly in fat, such as bacon, butter, salt pork, etc., until tender and well browned. This will require about ½ h for tender young chickens. If the chickens are not very tender, cook slowly until tender in water just below the boiling point, then dredge in flour and saute in butter to a golden brown, or prepare as for frying, but cook slowly in dripping pan with plenty of fat in the oven.

Gravy

To 2 T of the fat in the pan in which the chicken was fried, add 2 T flour, brown well scraping up all the juices from the bottom of the pan, add slowly 1 c milk, boil a few m stirring all the time. Add salt and pepper if necessary and serve.

Tomatoes with Cream Sauce

Wipe, peel and slice 3 solid tomatoes. Sprinkle with salt and pepper, dredge with flour and saute to a golden brown in 3 T butter. Place on a hot platter and cover with 1 c hot Medium White Sauce (2 T flour).

If fresh tomatoes cannot be secured use the canned *whole* tomatoes.

Apple, Date and Celery Salad

Wash and cut into small cubes 1 stalk of celery. Wash, seed and cut into small pieces 12 dates. Wash and pare 2 apples and cut into cubes. Toss all together, cover with salad dressing and serve on lettuce leaves.

Vanilla Ice Cream

Mix 1 qt. thin cream with ¾ c sugar and 1½ T vanilla. If desired 2 beaten eggs may be added to this. Strain and freeze using 3 parts ice to 1 of salt.

Or the ice cream may be made by making a custard of 2 c scalded milk 1 T flour, 1 c sugar, ⅛ t salt, and 1 egg beaten slightly. Cook over hot water for 20 m, stirring constantly until the mixture is well thickened. When cool add 1 pt. thin cream, 2 T vanilla, then freeze. Pack with salt and ice and let stand for several h before using.

Preparing the Meal

Make and freeze the ice cream immediately after breakfast. If the second recipe is used make the custard on Saturday so that it will be thoroughly cold.

Three-quarter h before dinner wash, pare and cook, 5 potatoes; also at this time cook 3 beets and 2 eggs for the salad for supper. Dredge the chicken, cleaned and cut up the preceding day, with flour, and start cooking in a covered frying pan. Peel and slice the tomatoes, sprinkle with salt and pepper and let stand while making the White Sauce. Prepare the ingredients for the salad, put together

with the salad dressing, serve on lettuce leaves and set away in a cool place until needed. Now saute the tomatoes, and while they are browning, drain and mash the potatoes, reserving 1 whole one for the salad for supper, then place the potatoes in a hot serving dish. Remove the chicken to a hot platter and make the gravy. Pour the sauce over the tomatoes on a hot platter, and serve the dinner. If desired the salad may be placed on the table at the beginning of the meal.

The macaroons should be placed on a plate ready for passing when the ice cream is served.

SUPPER

Sunday **Lesson 195**

COLD BOILED HAM BEET SALAD
WHITE CAKE WITH MOCHA FROSTING
COCOA

Beet Salad

Cut 3 cold boiled beets into ½ inch cubes. Add 1 cold boiled potato cubed, ½ c celery diced, and 2 hard cooked eggs sliced. Mix all together, cover with salad dressing and serve.

Cocoa

Use 3 c milk, 2 T powdered cocoa, 2 T sugar, 1 t cornstarch, ⅛ t salt, 1 c boiling water, 1 t vanilla, p 13.

Preparing the Meal

About 15 m before supper time, make the cocoa, and while heating make the salad and arrange in a salad bowl garnished with lettuce or parsley. Place the cold boiled ham on a plate, cut the cake and place both on the table. Beat the cocoa well, pour into a chocolate pot, and serve the supper.

MAY BREAKFAST

Lesson 196

STRAWBERRIES AU NATUREL
LAMB CHOPS POTATO PUFFS
MINT AND GREEN PEA JELLY
HOT ROLLS
WAFFLES MAPLE SYRUP
COFFEE

Table Decoration

Let the decorations be, if possible, in wild flowers. Dogwood, May flowers, trillia, hepatica, trailing arbutus, violets, anemones, etc., are all in bloom at this time of the year in different parts of the country. Let the arrangement be careless and graceful, with delicate vines, if they can be secured, running from the center and outlining the plates.

Strawberries au Naturel

Select very large, perfect berries, wash and drain, leaving the hulls on. Place in the center of the plate a small cup containing powdered sugar. This cup may be one of the dainty paper models, or if possible for this special occasion, made of green leaves folded and pinned in shape. Around the cup lay a circle of the strawberries, with the hulls toward the edge of the plate. If they can be secured, large leaves may be laid on the plates instead of paper doilies. The strawberries are taken up by the hulls, dipped in the sugar, and eaten.

Lamb Chops

Select rib chops and have the butcher French them; wipe with a damp cloth and broil either in a broiler or on top the stove in a frying-pan. Remove to a hot platter, dust with salt and pepper, and spread with butter. If desired, the fancy paper frills may be slipped over the bone ends, or a sprig of parsley may be twisted around it.

Potato Puffs

Beat the yolks of 2 eggs, add to them 1 c mashed potatoes, ½ c flour mixed and sifted with ½ t salt and 1 t baking powder. Beat the whites of 2 eggs stiff and fold into the mixture. Drop from the tip of a teaspoon into deep hot fat and fry to a delicate brown. Drain on brown paper.

Mint and Green Pea Jelly

Chop very fine enough mint leaves to make ½ c; add ¾ c boiling water and 6 T sugar, cover closely and let stand ½ h. Soak 2 T gelatine in ½ c cold water ½ h, then dissolve in ½ c boiling water. To the mint mixture add the juice of 1 lemon, 1 T vinegar, 1 t salt, ⅛ t pepper, and the gelatine. Strain into a mould and chill. When slightly thickened, add 1 c small green peas, cooked. Mix well, smooth, chill thoroughly, and when firm turn out and cut into cubes. Serve with the lamb chops.

Hot Rolls

Reheat Luncheon Rolls (p. 290) made the preceding day, and serve with the chops.

Virginia Waffles

Cook ½ c white cornmeal in 1½ c boiling water for 20 m. Add 1½ c milk and 3 T sugar, 3 c flour, 1¼ T baking powder, 1½ T salt, sifted together. Then add the yolks of 2 eggs beaten light and 3 T melted butter. Cut and fold in the stiffly beaten whites of the eggs. Cook on a waffle iron. Serve with maple syrup.

Preparing the Breakfast

Cook the cornmeal for the waffles, and while cooking look over the berries, wash and arrange on a plate with the hulls toward the edge, around the little cup of powdered sugar in the center. Prepare the potato puff mixture, having the fat for frying heating while doing so; then wipe the chops and pan broil. When browned on both sides, lower the flames, and cook slowly for 5-7 m. During this time fry the potato puffs. While they are draining cut the Mint Jelly, made the preceding day, into cubes. Reheat the rolls, then make the coffee and mix the Virginia Waffles. Serve the fruit, then the lamb chops with the mint cubes, and the potato puffs. Cook the waffles just before serving and send piping hot to the table with the maple syrup and the coffee.

DIET FOR THE SICK

Diet for the sick and convalescent is usually divided into four classes—namely, liquid, soft, light, and general.

Liquid diet includes milk, broth, cream soup, eggnog, plain gelatine, ice cream, ices, fruit juices, etc.

Soft diet, in addition to the liquid, is composed of gruels, well cooked cereals, such as oatmeal, cream of wheat, farina, etc., milk and cream toast, soft cooked eggs, custards, etc.

Light diet contains no meat except breast of chicken, sweetbreads, brains, fish, oysters; and for vegetables, baked, mashed and creamed potatoes, spinach, lettuce, vegetable souffles containing the pulp but not the fibrous parts of vegetables, fruits, and most light desserts. Of course, rich pastry and puddings are excluded absolutely.

The general diet is about the same as the light, except that the more easily digested meats are included. Never give pork to a patient. Fried meats also are to be avoided.

While ordinarily the diet of a patient in charge of a physician will be ordered by the latter, nevertheless the housemother should have some idea of what is proper to give. First of all, keep this fact in mind: that a person sick in bed needs little food, and that in most cases if the stomach is given a rest convalescence soon follows. Also remember that during illness all the organs are necessarily weakened to a certain extent so that very easily digested food should be given, thus requiring the minimum amount of work for assimilation.

Serving—the Tray

Have the tray covered with a snowy napkin and everything about it as dainty, clean and attractive as possible, remembering always that with a patient appearance counts for a great deal. Whenever one can, without harm to the invalid, give such foods as he likes and wants. Serve in small quantities, in an attractive way and with a harmonizing color scheme. For instance, one might have a light diet tray consisting of chicken broth, a small piece of breast of chicken, mashed potato, cranberry jelly, bread and butter and baked custard. Pour the soup into a hot soup bowl and set in the center of the front of the tray, with the knife and two spoons on the right and the fork on the left. Have

the soup spoon the first of the spoons, beginning at the right. Over the soup bowl set the hot plate containing the chicken garnished with a sprig of parsley, a small mound of creamy mashed potato, and two or three cones of cranberry jelly laid on a lettuce leaf. The cones may be made by cutting the jelly with a wet teaspoon inserted point downward and turned in the hand. The dark green of the parsley and red of the jelly contrast very prettily and make an attractive looking plate.

At the right of the plate set a cup of tea or cocoa, or coffee, if allowed. At the left place the bread and butter plate with two small sandwiches made of very thin slices of bread from which the crusts have been removed, spread with butter and cut in diamond, circular or triangular shapes. Above the bread plate set the sauce dish with the mould of baked custard, above the soup bowl the small sugar bowl, creamer, and salt shaker—do not give pepper because of its irritating effects—and above the cup of tea set a glass of water. If the patient will drink milk, so much the better. Place the fresh napkin wherever there is a space for it. Cover the entire tray with a clean cloth and serve at once. When the appetite is poor, small portions are very much more tempting than large ones, which have a discouraging effect.

Remove all traces of the meal as soon as the patient has finished, thus giving no opportunity for him to grow weary of looking at the food. Also keep him in ignorance of what he is to be given, thus letting the anticipation and surprise be a stimulant to his appetite. And, most important of all, be cheerful at all times and keep your patient so, especially at meal times.

MAY MENUS—COST AND FOOD VALUE—FOUR PERSONS

Supplies	Cost	Food Units—Total	Protein	Fat	Starch & Sugar
6 lbs. Flour	$	9,840	1,180	294	8,366
1 lb. Cornmeal		1,739	157	191	1,391
3 lbs. Bread		3,615	468	219	2,928
½ lb. Rice		816	72	8	736
¼ pkg. Puffed Rice		730	80	7	643
¼ pkg. Cream of Wheat		708	106	36	566
¼ pkg. Oatmeal		852	154	60	638
6½ lbs. Sugar		12,090	...	...	12,090
½ pt. Molasses		666	3	...	663
½ pt. Jelly		1,000	...	...	1,000
½ pt. Tomato Preserves		800	4	20	776
1 lb. Round Steak		1,110	400	710	...
4 lbs. Pot Roast		4,440	1,600	2,840	...
1½ lbs. Lamb Stew		1,060	572	488	...
1 Beef Tongue		800	376	424	...
2 lbs. Veal Steak		960	404	556	...
⅛ lb. Bacon		400	24	376	...
1½ lbs. Lamb Chops		1,992	596	1,396	...
3 lbs. Shad		1,410	561	849	...
4 lbs. Chicken		1,600	1,264	336	...
½ lb. Boiled Ham		800	152	648	...
3½ doz. Eggs @ 25c		3,332	1,067	2,265	...
6 qts. Milk		3,900	741	2,028	1,131
3 pts. Cream		2,730	136	2,348	246
1 lb. Cheese		2,056	516	1,500	40
3 lbs. Butter		10,815	54	10,761	...
½ lb. Peanuts		968	192	610	166
¼ lb. English Walnuts		800	80	664	56
1 pk. Potatoes		2,247	247	22	1,978
1 qt. Green Peas		1,000	230	270	500
1 bunch Asparagus		200	36	126	38
7 Tomatoes		200	30	32	138
9 Beets		300	6	69	225
1 pt. Brussels Sprouts		200	46	30	124
1 head Lettuce		50	13	7	30
12 Onions		300	39	15	246
9 Carrots		300	30	24	246
4 Cucumbers		150	27	15	108
1 bunch Celery		50	12	2	36
¼ lb. Dates		362	7	25	330
¼ pk. Apples		440	13	31	396
3 pts. Strawberries		250	25	37	188
4 Lemons		144	12	20	112
2 Oranges		170	10	6	154
1 can Peaches		400	16	8	376
½ can Plums		188	14	2	172
¼ can Grated Pineapple		50	2	3	45
1 oz. Cocoa		144	24	76	44
⅞ lb. Coffee		...	...	...	...
⅛ lb. Tea		...	...	...	...
2 Yeast Cakes		...	...	...	...
		75,574	11,798	30,454	36,922

Food Units per Day—10,796. Food Units per Day per Person—2,699.
Cost of Food per Day—$ Cost per Day per Person—$
Of the Total Food Value 15% Is Protein, 38% Is Fat, and 47% Is Starch and Sugar.

SUGGESTIONS FOR REDUCING THE COST OF THE MAY MENUS

Unless butter is low in price, use substitutes in cooking. Use top of milk instead of cream for coffee and cereal—cream is always a luxury, except in certain favored localities.

In L. 175, omit the broiled beef patties. In L. 177, serve plain sliced cucumbers instead of a la Poulette, and omit the apple salad. In L. 178, omit the cereal, cream and sugar, and in L. 179, the cheese balls. In L. 180, omit the peas, and in L. 181, the coddled apples. In L. 183, omit the sponge cake, and in L. 184, the egg timbales. In L. 186, omit the pickled beets and substitute canned peaches for the peach canapes. In L. 187, omit the canned plums, and in L. 188, use plain bread and butter instead of the Potato Biscuits. In L. 189, substitute 2 lbs. boiled salmon for the shad, and omit the Brussels sprouts. In L. 192, omit both the souffle and wilted lettuce, but serve the shortcake with cream. In L. 193, omit the cheese omelet, and in L. 194, the tomatoes with cream sauce. In L. 195, omit the boiled ham, and serve iced tea instead of cocoa.

ESTIMATED REDUCTIONS.

1½ lbs. Butter...$/ less	Pickled Beets .....
1½ lbs. Oleo... .....$	½ can Plums.....
1 qt. Cream	Potato Biscuits .....
3 qts. Milk.....	3 lbs. Shad.....$ less
1 lb. Round Steak.....	2 lbs. Salmon.. .....
Cucumbers, Poulette .....$ less	Cream Sauce .....
Cucumbers, Plain	Brussels Sprouts .....
Apple Salad	Onion Souffle .....
Oatmeal, Cream and Sugar	Wilted Lettuce .....
Cheese Balls	Tomatoes with Cream Sauce .....
Peas, 1 qt.	Boiled Ham .....
Coddled Apples	Cocoa, less Tea.....
Sponge Cake.....	
Egg Timbales	$

Original total cost.....$
Reduction .....

New total cost per week..... $
New cost per day..... .....
New cost per day per person.....

JUNE MENUS

TABLE SET FOR INFORMAL LUNCHEON TO BE SERVED WITHOUT A MAID.

The Revolving Table Server or "Dumb Butler" is a device now on the market. Photograph furnished by Mrs. F. A. Pattison of the New Jersey Housekeeping Experiment Station.

LESSONS IN COOKING

PART X

FRUIT PRESERVATION

The prevention of decay or preservation is accomplished by sterilization—this is brought about in two ways—

1—By killing all bacteria, molds and other organisms by means of heat and enclosing in tight jars.

2—By the use of a medium, such as a strong sugar or acid solution, in which bacteria will not live.

Utensils

The following list of utensils will be necessary for convenient and effective work. Sauce pans, bowls, spoons, colander, fruit press, dipper and funnel of porcelain, enamel or aluminum should be provided as tin or iron should *never* be used with fruit; jelly bags made of loosely woven flannel or double cheese cloth, glass measuring cup and a scale, jelly glasses, fruit jars with new rubbers.

Have the jelly bag sewed to a ring (a wooden embroidery ring will do) and if convenience is desired a handle could be fastened to the ring, thus making it possible for one person to easily and quickly fill a jelly bag without fear of burning. An arm from which to suspend the jelly bag for draining should be in a convenient place above the table or sink. A bird cage hook which can be laid against the wall when not in use is good for this purpose.

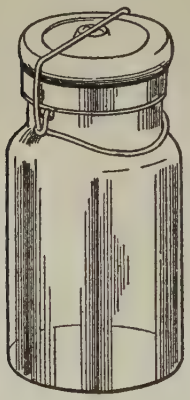
The best style of preserve jars have a glass cover and close with a spring, but the improved Mason jars with glass cover are satisfactory. Pints are better than quarts for a small family.

Time and Manner of Preserving

The manner of preserving depend greatly on the condition of the fruit. Consequently the fruit should be selected according to the process one wishes to employ or the process should be decided upon according to the condition of the fruit. For instance if one wishes to make jelly select green or slightly underripe fruit, but if the fruit on hand is overripe it can be made into jam or marmalade.

Sterilizing Jars

Fruit jars and jelly glasses should be thoroughly cleansed and sterilized before using. To sterilize put into a pan of cold water and bring slowly to the boiling point and boil at least 5 minutes. Let stand in the boiling water until ready



"LIGHTNING"

IMPROVED "MASON"

PRESERVE JARS

to fill. Sterilize the covers of the jars by dropping into the boiling water just before using.

CANNING FRUIT

There are two processes of canning, one by cooking the fruit and then putting it into the cans, the other by cooking it *in* the cans.

The general proportions to use for canning are 1 part sugar, 2 parts water, to 4 parts fruit.

Select fruit when it is at its best—ripe but not overripe, firm and free from blemishes and bruises.

Preparation of the Fruit

Small fruits should be washed thoroughly before being freed from the hulls, because then there is no open surface from which the juice can be extracted. Then remove from the stem, or hulls, and drain. Large fruits should be washed, pared, left whole or cut in halves as desired and the stones

or cores removed, any bruised or decayed portions should be cut out. Peaches and plums should be scalded to remove the skins easily. Use a silver plated knife in paring as a steel knife will stain fruits. If the fruit is one that will discolor easily when exposed to the air and cannot be used immediately put into an enamelled vessel, surround with waxed paper, cover closely thus completely excluding air.

Process I

Weigh the fruit, then proportion the sugar and water by weight accordingly, 1 part sugar, and 1 part water to 4 parts small fruit—strawberries, grapes, etc. or 1 part sugar, 2 parts water to 4 parts large fruit—pears, peaches, etc. Make a syrup of the sugar and water, boil 5 minutes and skim if necessary. Cook a small quantity of the fruit at a time in the syrup until tender and transfer to the sterilized jar. Fill the jar to overflowing with the syrup and screw on the cover, always using new rubbers.

Since the syrup used in canning is not a sufficiently strong solution to prevent the growth of bacteria, every precaution must be taken to insure perfect sterilization and to keep air tight.

Process II

Prepare the fruit, weigh and make syrup as in Process I. Place fruit in the sterilized jars as fast as prepared, set them on a wooden rack or several folds of paper or cloth in a sauce pan, boiler or steamer, half filled with warm water. Fill each jar with the syrup to overflowing. Adjust new rubbers and screw the covers down lightly. Bring water to the boiling point and let boil from 15 to 30 minutes according to the size of the fruit. If necessary add more hot syrup or boiling water to fill the jars again to overflowing. Screw the covers on tight, and let stand in the water to cool. Tighten the covers again, invert the jars and let stand for a few hours to see that no juice is forced out under the cover, thus showing that it is air tight. Keep in a cook dark place.

PRESERVED FRUITS

For preserving, the syrup is made much stronger, and fruit that is less perfect as well as riper can be used. Prepare the fruit as in canning.

Proportions

The general proportion for preserving are 1 part fruit to ¾ to 1 part sugar and ⅛ to ½ part water by weight. In the small fruits use from ⅛ to ¼ parts water according to the juiciness. The larger fruits require more water, usually ½ part.

The same methods are used for preserving as for canning, with the additional one of "sun preserves."

With Processes I or II make the strong syrup and proceed as in canned fruits. Hard fruits such as quince and winter pears should be cooked in water first until almost tender. Then that water used to make the syrup, and the fruit finished off in the syrup. Otherwise the syrup darkens, gets heavy and strong flavored before the fruit is cooked.

Preserves are always put up in small jars or glasses for they are so rich that small quantities only are used at a time. Cook only a small portion of the fruit at a time in the syrup thus preserving the shape as perfectly as possible.

Sunshine Preserves

For this method the fruit is washed and brought to the boiling point, then an equal quantity by weight of sugar is added, and the whole simmered without stirring from 5 to 10 m. It is then spread on large platters, covered with glass and set in the hot sunshine for about 2 days, that is letting it have the sunshine for about 24 h all together. At the end of that time it is put into sterilized jars without reheating. By this method of preservation the fruit keeps its shape and retains its original flavor very much better.

The best fruits for this are strawberries, cherries, white and red currants, ripe gooseberries, red and black raspberries, and blackberries. Pineapple and pears cut into half inch cubes may also be used, either alone or combined with any small fruits. Pineapple and strawberries are an especially pleasing combination, as well as pears and cherries.

Honey may be substituted for sugar in Sunshine Preserves, using it in the proportion of 1 part fruit to ¾ part strained honey, instead of equal parts of each as with sugar.

JELLIES

In making jelly the pure juice of the fruit is extracted then cooked with sugar till it reaches the jelly stage.

Underripe fruit is the best to select for jelly. In some cases green fruit, such as green grapes, may be used.

Pectin

The element in fruit juice that causes it to jelly is called pectin, but to make a perfect jelly the juice must also be acid. Certain fruit juices such as peach, while they contain pectin will not jelly because of the lack of acid. This can often be supplied by adding some fruit acid such as citric, or tartaric acids.

Proportions

The amount of sugar varies somewhat with the acidity of the fruit, but in general the proportions are three-fourths to one part sugar, to one part fruit juice.

Fruit juice can be made to jelly without the addition of any sugar, but it requires long boiling, will be dark in color and unpalatable. An over proportion of sugar however will keep it from jellying, making it syrupy or may result in the formation of crystals.

Time of Boiling

The time of boiling depends on the concentration of the fruit juice, the proportion of sugar, and pectin, and in all probability the degree of acidity.

If the fruit juice is very dilute it should be boiled before the sugar is added, to concentrate it, so that the cooking after the sugar is added will not be too long. But the concentration should not be so great that the boiling after the sugar is added is not long enough to change the form of sugar. Too long (an hour or more) or too short, (5 m) boiling may result in the formation of sugar crystals.

JAMS, BUTTERS AND MARMALADES

Jams, butters and marmalades are made from using the entire pulp of the fruit and either some or all of the juice. Very often after the first juice is drained off for jelly making, the pulp that is left is made up into jams, butters or marmalade.

Proportions

¾ to 1 part sugar to 1 part fruit.

Process

The process of making jam, butters or marmalade may differ slightly for different fruits but in general the pulp is

pressed through a sieve coarse enough to retain seeds, etc. Then this expressed pulp is cooked down, the sugar being added a little at a time and spices when desired, added toward the end of the process. The cooking is continued until the desired consistency is reached, jams and butter being thick enough to drop from the spoon, marmalades thinner. All can be packed in small jars or large crocks.

SPECIAL RECIPES

The foregoing directions are complete and applicable to all general work in the preservation of fruits. Take for instance canned peaches—according to directions given the process would be as follows:

Canned Peaches

Sterilize jars and utensils. Weigh the fruit and make a syrup, using ¼ the weight of the peaches in sugar and ½ the weight in water. (A pint of either sugar or water weighs about a pound.) When the syrup comes to a boil, skim it if necessary and remove the kettle to a place where the syrup will keep hot but not boil.

Scald a part of the peaches, remove the skins, cut in half and remove some of the stones, leaving a few to improve the flavor, add the prepared peaches to the syrup and bring to a boil, skim carefully and boil gently for about ten minutes or until the fruit is tender and can be pierced easily with a silver fork; then place in sterilized jars.

While the first lot of peaches is cooking, prepare the second lot and add to the kettle as soon as the first lot is removed, cooking as before. The size of the preserving kettle determines the number of peaches to be cooked at one time. They should not be more than one layer deep.

When all the peaches are cooked and in the jars, fill the jars with syrup and screw the covers on tight. If there is not sufficient syrup to completely fill the jars, a little more should be made, and if there is syrup left over, it may be placed in a preserve jar and used for sauces. If the peaches are not very tart a little lemon juice added to the syrup will improve the flavor greatly.

When no scales are at hand the weight of fruit may be estimated at about 1¾ lbs. to the quart.

The following are a few special recipes where combinations are made and different flavorings used.

Canned Quince and Apples

Wash, pare, quarter, and core an equal number of apples and quinces. Cook the quince in clear water for 25 m at simmering temperature, then use this water to make the syrup in which cook the apple and quince together, following the direction as given.

Canned Pineapple

Cut pineapple into half-inch slices, pare and remove eyes from each slice and then cut the slices into cubes, discarding the core. Follow direction for canning.

If preferred they may be shredded or ground.

Strawberry and Cherry Preserves

Prepare fruit, use in equal portions or one-third cherry to two-thirds strawberry, and follow directions for sunshine preserves.

Gingered Pears

Cut ⅓ pound of ginger root as small as possible, cover with water and let simmer for about 1 h, or longer if necessary to make a strong decoction. Strain, add enough water to make 2 c. Slice 4 lemons very thin, carefully discarding all seeds and cook in the ginger water until the skin is tender. Then add 4½ pounds sugar, and cook 5 m. Add 6 pounds of pears, cored, pared and cut into 8ths lengthwise. Follow directions for preserves.

Rhubarb and Fig Preserves

Cut 4 pounds rhubarb into inch pieces and 1 lb. figs into strips. Add the juice and grated rind of 2 lemons, ¾ lb. candied orange peel and 3½ lb. sugar. Put all into a preserving kettle and let stand over night. Cook slowly about 1 h or until fig and lemon rind are tender. Stir occasionally.

Tomato Preserves

Select either small red or little yellow pear tomatoes. Scald and peel 4 lb. tomatoes using 2 c water. Cook 4 lemons cut in thin slices discarding the seeds, in 2 c water for 20 or 25 m or until tender. Then add 3 lb. sugar. Boil 5 m and skim. Then follow directions for preserving. If the

syrup is too thin after tomatoes are cooked, boil down to the desired consistency.

If the tomatoes are sliced cook all together with the lemons and sugar until of the right consistency.

Apple and Mint Jelly

Wash and cut into small pieces 4 lbs. of Greening apples, and put into a granite sauce pan. Wash and chop quite fine enough mint to fill one cup, and add to the apples. Add enough water to keep from burning, and cook until the apples are tender and fall to pieces. Then strain, pressing the bag to extract the juice. Use ¾ c sugar to each c of juice. Cook until about ready to jelly, then add 4 t lemon juice, and enough color paste to make a delicate green, and pour into glasses.

Creme de Menthe cordial may be used if the fresh mint cannot be obtained, adding enough to give the desired flavor.

Combination for Jellies

For combinations of fruits that are ripe at different times, such as apple and raspberry, strawberry and apple, blackberry and quince, currants and peaches, extract the juice of the fruit that is ripe first, bring to the boil, put into sterilized jars or bottles and seal. Then when the other fruit is ripe make the jelly according to directions given above for jelly making.

Apple and quince in equal parts make an excellent jelly.

Rose Geranium Jelly

Make apple jelly, place a rose geranium leaf in the bottom of each glass, and pour on the hot jelly. The geranium leaf will rise to the top. If one desires a delicate flavor remove the leaf at once. A very strong flavor, too strong to be desirable, will result if the leaf is left in the glass.

Grape Jam

Wash the grapes and remove from the stems, separate the skin from the pulp, and cook the latter until the seeds are freed. Then strain through a coarse sieve, pressing all through but the seeds. Then add to the skins, heat to the boiling point, and add sugar in the proportion of ¾ part to 1 part of fruit. Cook until it thickens slightly on a cold dish.

Tomato Marmalade

Remove the skins from 4 lbs. ripe tomatoes and slice. Slice 4 lemons very thin, being careful to remove all the seeds, and add to the tomatoes with ½ c seeded raisins. Bring slowly to the simmering point and then add 3 lbs. sugar. Let simmer until of the consistency of marmalade, pour into sterlized jars and seal.

A medium time of boiling, (from 8 to 30 m) gives the best results. With juice extracted with the aid of little or no water, such as grape, currant, etc., bring it to the boiling point, boil about 5 m, then add the sugar heated through, and boil until it gives the jelly test.

Having the sugar hot prevents the cooling down of the fruit juice, which would make the cooking process longer.

To heat the sugar, put it in a large dripping pan, and set in a warm oven, stir from time to time, heating it gradually without melting.

Test for Jelly

The quick test, and one which proves to be very accurate after experience, is the *sheeting* (that is, dropping in a whole transparent sheet) from the spoon.

The cooling test should be used by the inexperienced person, or if there is any doubt. This consists in putting a spoonful of the jelly on a sauce dish, and cooling quickly on ice or otherwise to see if it jellies. In using the latter test, which necessarily takes a few minutes, the kettle of jelly should be set back so that the cooking is retarded, as those few minutes might carry it beyond the right point.

In using a thermometer the best temperature to stop the boiling ranges from 221° to 223° F. If the jelly does not set quickly, place it uncovered in the sun for a few hours.

Sealing Jellies, Jams and Marmalades

The jelly should be poured into hot sterilized glasses, and when cold sealed with melted paraffine. The most convenient way to use paraffine is to melt it in a small coffee pot and pour from the spout. The coffee pot should have a tight lid.

When the jelly is used, remove the cake of paraffine, rinse off and drop into the pot and use again when wanted.

Monday **Lesson 196**

BREAKFAST

SLICED BANANAS
PUFFED WHEAT AND GRAPENUTS
BROILED BACON BREAD AND BUTTER
COFFEE

Puffed Wheat and Grapenuts

In the bottom of the cereal bowls place 3 T grapenuts. Over this spread 4 T puffed wheat which has been freshly crisped and serve with cream and sugar.

Bacon

Place thinly sliced bacon in a cold frying pan, heat slowly, then saute to a delicate brown on both sides, turning often until done.

Preparing the Meal

Start the bacon to cooking over a very slow fire, then make the coffee. While these are cooking slice the bananas and place with a pitcher of cream on the table. Arrange the cereals in the bowls, then cut the bread and butter. Serve the fruit, then the cereal, then the bacon, bread and butter and coffee. Lower the flame under the bacon and coffee while the cereal is being served.

For June Menus instead of a summary of the cost and food value of the meals for the whole week, we give approximate cost and food value of each separate dish and meal when served for four persons. The following are the prices used in these calculations: Flour, 3½c per lb. or about 1c a cup; bread, 5c per lb.; sugar, 5½c per lb.; butter, 28c per lb.; milk, 8c per qt.; cream, 32c per qt.; eggs, 20c per doz.; coffee, 32c per lb.; potatoes, 45c per peck; rice, 8c per lb.; spring vegetables, 10c per qt.

These prices are somewhat lower than current prices in large cities and their suburbs, but they are higher than prices to be obtained in many towns and villages, and so represent about the average. The quantities of bread, butter, sugar, etc., taken have been determined by weighing amounts commonly used.

MONDAY BREAKFAST—	COST	FOOD UNITS
2 Bananas	$	200
4¼ oz. Cereal		100
6.4 oz. Cream for Cereal and Coffee.		400
2 oz. Sugar—Cereal and Coffee		233
2 oz. Coffee		...
4 oz. Bacon		800
4 oz. Bread		300
1.5 oz. Butter		300
Total Breakfast	$	2,333

LUNCHEON OR SUPPER

Monday **Lesson 197**

SPANISH OMELET BREAD AND BUTTER
MOLASSES COOKIES BOILED RICE—CREAM AND SUGAR

Spanish Omelet

Cut 3 medium sized onions fine, and cook in 2 T butter 5 m, then add ½ can tomatoes and cook until the onions are tender. Make a roux of 1 T butter and 2 T flour, add to the tomatoes, and cook, stirring constantly for 5 m.

Make a foamy omelet, separating 4 eggs, beat yolks lightly, add 4 T milk or water, ½ t salt, and a dash of pepper. Beat the whites of the eggs stiff, cut and fold into the yolks, turn all into a buttered omelet pan, spread evenly, cover, and cook until firm, over a very slow fire. If it is brown underneath, and the center does not seem done, set in the oven for a few minutes. Fold over, turn out onto a hot platter, and pour the tomatoes and onions around it.

Molasses Cookies

Mix and sift 3 c flour, 2 t ginger, 1 t salt, and 1¾ t soda. To 1 c molasses add ½ c melted shortening, then add 1 c sour milk. Combine with the flour mixture and beat well. Add about 1 c flour, or enough to make mixture of right consistency to drop from the spoon easily. Chill, then roll out, a portion at a time, on a floured board to ¼ inch in thickness, shape with a floured round cutter, and bake in a moderate oven.

Boiled Rice

Blanch ½ c rice by covering with 3 c cold water; put over the fire stirring occasionally while heating to prevent its sticking; boil 5 m, drain on a sieve, rinse with cold water. Return to a double boiler, add 2 c milk and cook until the rice is tender and the milk is all absorbed. This will require about 1 h. Serve for dessert with cream and sugar. Reserve 1½ c for use the following day.

Preparing the Meal

About 1 h before lunch blanch the rice and start to cooking. Make and bake the molasses cookies if not on hand. Twenty m before time for serving, make the Spanish omelet, and while cooking cut the bread and butter and place on the table. The molasses cookies may be set on a side

table until needed, or else placed at once on the table. When done serve the omelet, then the boiled rice, cream and sugar. Immediately after lunch make the soft custard for the fruit cream for dinner.

Monday Luncheon—	Cost	Food Units
Spanish Omelet	$	995
Rice Dessert		1,080
5.5 oz. Bread and Butter		600
Molasses Cookies (¼ Recipe)		816
Total Luncheon	$	3,491

DINNER

Monday **Lesson 198**

DEVILLED STEAK

STEAMED POTATOES STRING BEANS—BUTTER SAUCE

FRUIT CREAM CAKE

Devilled Steak

Melt 2 T butter in a frying pan, slice one onion into it and saute gently until golden brown in color, then remove from the butter. Cut 1 flank steak into pieces 3 inches long, and 2 inches wide, dredge them lightly in 2 T flour, and saute in the butter until well browned. Remove the meat from the frying pan, add 1 t salt, ½ t pepper, ⅛ t paprika, 1 t mustard, 3 t vinegar, and the flour remaining after dredging the pieces of meat. Mix all together and add 2 c boiling water. Replace the steak in the pan, cover closely, and simmer gently 1 h or until the steak is tender. Dish onto a hot platter and pour the gravy around it.

Steamed Potatoes

Wash and scrape 6 medium sized potatoes, place in a steamer, set over the meat, cover closely and steam until tender, about 1 h.

String Beans

Break off the ends from the string beans, removing all the strings at the same time, then break into 1 inch lengths. Wash well, cover with cold water, and bring quickly to the boiling point. Drain, cover with hot water, adding 1 t salt for each quart of water, boil gently until tender, 40 to 60 m. The first quick boiling and draining removes the strong flavor string beans often have, and hence a more delicate flavor results. Use just enough water to keep from burning. Drain, add 2 T butter for 1 quart of beans. dash of pepper, shake well in the pan, and serve at once.

Fruit Cream

Make a soft custard and pour it over fresh fruit. Let stand until ice cold, then serve with a meringue or whipped cream.

Soft Custard

Scald 2 c milk to which have been added ⅓ c sugar, and ¼ t salt. Beat 3 egg yolks slightly and add to the hot milk, first thinning and heating the egg gradually by adding a little of the hot milk to it. Cook over hot water, stirring constantly, until the mixture coats the spoon.

Note—If custard cooks too long and consequently curdles, pour it at once into a cold bowl and beat vigorously, preferably with a Dover egg beater. This will often bring back the custard to its original smoothness.

Preparing the Meal

About 1½ h before dinner time prepare the meat for the devilled steak and start to cooking. Wash and scrape the potatoes and set over the meat to steam. Then wash and break up the beans and cook.

Ten m before the dinner is done, cut the bread and butter and set on the table, serve the dessert, made immediately after lunch and chilled, and place on a side table. Drain the string beans, season with butter and pepper and pour into a hot serving dish, take up the potatoes, and put the meat on a hot platter, pouring the gravy around it. Serve the dinner.

Monday Dinner—	Cost	Food Units
1½ lbs. Devilled Steak	$	1,551
21.4 oz. Steamed Potatoes		600
16.6 oz. String Beans		300
Fruit Cream		1,568
Bread and Butter		600
Total Dinner	$	4,619
Total for Day (4)		10,443
Per Person per Day		2,610

BREAKFAST

Tuesday **Lesson 199**

ORANGES OR STRAWBERRIES

BREAKFAST STEW RICE MUFFINS

COFFEE

Breakfast Stew

Chop fine what meat remains from dinner the preceding

evening. There should be 1 c. Melt 2 T butter in a frying pan, add 3 T flour, and stir until well browned. Then add gradually, stirring all the time, 2 c hot water or soup stock, or milk. Season with ½ t salt, dash of pepper, ⅛ t ground cloves. Stir until boiling, add the chopped meat, heat thoroughly and serve on squares of toast. Garnish with slices of lemon.

Rice Muffins

Sift together thoroughly 1¼ c flour, ¼ t salt, and 1½ t baking powder. Add ½ c boiled rice, working in with the tips of the fingers, then add gradually ½ c milk, 1 well beaten egg, and 2 T melted butter. Fill muffin pans ⅔ full with the mixture and bake in a moderate oven 25 to 30 m.

Preparing the Meal

The first thing in the morning get out the ingredients and prepare the rice muffins. While baking prepare the oranges or berries for serving, then chop the meat and make the gravy for the stew. While cooking, make the coffee and toast, then add the meat to the gravy.

Serve the fruit, in the meantime keeping the breakfast stew, coffee and rice muffins warm, then serve the rest of the breakfast.

Make the junket and drop cakes immediately after breakfast, so that they will be cold for lunch.

Tuesday Breakfast—	Cost	Food Units
2 Oranges	$	200
Breakfast Stew		675
Toast for Stew		300
Rice Muffins		933
1.5 oz. Butter		300
Coffee		...
Cream for Coffee		200
Sugar for Coffee (⅔ oz.)		78
Total Breakfast	$	2,686

LUNCHEON OR SUPPER

Tuesday **Lesson 200**

CHEESE SOUFFLE

LETTUCE SALAD BREAD AND BUTTER

JUNKET DROP CAKES

Cheese Souffle

Melt 2 T butter, add 2 T flour, ¼ t each salt, soda, and paprika and when well blended add ½ c strained stewed tomatoes; boil 5 m, then add 1 c grated cheese and very

gradually the beaten yolks of 3 eggs. When well mixed fold in the stiffly beaten whites of the 3 eggs, then turn into a buttered baking dish, set in a pan of hot water, and bake until well puffed, firm and delicately browned—about 25 m. Serve immediately.

If desired milk can be used in place of strained tomatoes.

Lettuce Salad

Wash well 1 head of lettuce, and break into small pieces. Cut 2 hard cooked eggs into quarters and add to the lettuce. Chill, cover with Salad Dressing (p. 29) and serve.

Junket

Crush 1 junket tablet and dissolve in 1 T cold water. Heat 2 c milk to 100° F or lukewarm, add ⅓ c sugar, ⅛ t salt, 1 t vanilla, and the dissolved junket tablet; mix well, turn into a dish and let stand in a warm place until set, then chill. If desired it may be moulded in individual moulds.

Drop Cakes

Cream ½ c butter, add gradually ¾ c sugar, and 2 eggs well beaten. Add ¾ c flour mixed and sifted with 3 t baking-powder, ¼ t salt, and ½ t cinnamon; then add ½ c chopped nut meats, hickory or English walnuts, ¼ c each currants and raisins, and ⅞ c flour. Drop by spoonfuls 1 inch apart on a buttered sheet of heavy paper, or tin pan, and bake in a moderate oven about 15 to 20 m. The butter may be melted and added with the sugar and eggs to the flour mixture if desired to save time. These cakes containing fruit and nuts as they do are very unlike those given on p. 55.

Preparing the Meal

About ½ h before lunch make the cheese souffle and place in the oven. While baking, cook 2 eggs for the salad, then wash the lettuce and finish making the salad. Put some Drop Cakes made immediately after breakfast, on a plate and set on a side table. When the souffle is firm, serve the lunch. After lunch make the Rice Cream for Dinner, using 1 c cold cooked rice left from the preceding day.

TUESDAY LUNCHEON—	COST	FOOD UNITS
Cheese Souffle	$	1,103
Lettuce Salad		475
Bread and Butter		600
Junket		766
Drop Cakes (¼ Recipe)		812
Total Luncheon	$	3,756

DINNER

Tuesday **Lesson 201**

SPARERIBS OF PORK

FRANCONIA POTATOES LIMA BEANS

CUCUMBER AND RADISH SALAD

RICE CREAM

Spareribs Roasted

Trim off the rough ends of the spareribs, crack across the middle of the ribs, rub with salt and sprinkle with pepper. Place in a dripping pan with water, allowing 1 pt. water to every 3 lbs. spareribs. Baste frequently, turning over once, so as to bake both sides equally until a golden brown. Cook until tender. This will require about 1½ h for 3 lbs. ribs.

Franconia Potatoes

Pare and quarter 4 medium sized potatoes, parboil for 5 m, drain and place in the roasting pan with the meat. Baste with the meat.

Lima Beans

Wash I pint young lima beans thoroughly; cover with boiling salted water, and cook until tender—30 to 60 m. Drain, add 2 T butter, ⅛ t salt, dash of pepper and serve. Use as little water as possible, so as to avoid waste. If too much water has been used, reserve for use later in soups.

Cucumber and Radish Salad

Cut 1 large cucumber into small cubes, add an equal portion of radishes peeled and sliced or cut into cubes, and 2 t chopped onion; mix with Salad Dressing, and serve on a lettuce leaf.

Rice Cream

Scald 2 c milk, add ¼ c sugar, and ¼ t salt. Mix 1 T cornstarch with ¼ c cold milk and add to the hot milk, stirring constantly while mixing them. Cook 10 m. Separate 2 eggs, beat the yolks slightly and add to the cornstarch. Cook 5 m. Remove from the fire and add 1 t vanilla. Put 1 c cooked rice in a pudding dish, pour the cream slowly on it, mixing it well into the rice.

Make a meringue by beating the whites of the 2 eggs stiff and dry. Add 2 T sugar, beat well, flavor with ½ t vanilla and ¼ t lemon extract. Drop in small spoonfuls over the top of the pudding. Brown delicately and serve cold.

Preparing the Meal

About 1¾ h before dinner time prepare the spareribs and place in the oven. Wash and pare 6 medium sized potatoes and place in the pan with the meat, allowing 1 h for their baking. Now wash and pick over 1 pt. lima beans and put on to cook in boiling salted water.

While the beans are cooking make the cucumber and radish salad and set in a cool place until needed.

A few m before serving the dinner, cut the bread and butter and place on the table, put out the pudding, made after lunch and chilled, into serving dishes and set aside until needed. Then serve the dinner.

TUESDAY DINNER—	COST	FOOD UNITS
2 lbs. Spareribs	$	3,200
Franconia Potatoes		600
Lima Beans		400
Cucumbers and Radish Salad		335
Rice Cream		1,215
Bread and Butter		600
Total Dinner	$	6,350
Total for Day (4)		12,792
Per Person per Day		3,198

BREAKFAST

Wednesday **Lesson 202**

GERMAN PUFF WITH CREAM SAUCE

BUTTERED TOAST COFFEE

German Puff

Separate the yolks and whites of 4 eggs, and beat each until very light. Mix 5 T sifted flour with enough milk to make a smooth, thin paste, then add the rest of 2 c milk and the yolks of the eggs; also 1 t salt. Cut and fold in the stiffly beaten whites of the eggs, then turn the mixture into a buttered baking dish. Set in a pan of water and bake in a moderate oven about 30 m or until firm. Serve at once with 1 c Medium White Sauce, p. 38.

Preparing the Meal

The first thing in the morning make the German Puff, and place in the oven. 15 m before it is done make the toast and coffee, and put the cream and butter on the table. Now make 1 c White Sauce. As soon as the Puff is done serve the breakfast.

WEDNESDAY BREAKFAST—	COST	FOOD UNITS
German Puff	$	925
Cream Sauce		450

Toast and Butter		600
Coffee		...
Cream for Coffee		200
Sugar for Coffee		78
Total Breakfast	$	2,253

LUNCHEON OR SUPPER

Wednesday **Lesson 203**

SCALLOPED POTATOES WITH BACON

CHERRY SALAD BREAD AND BUTTER

ICED TEA

Scalloped Potatoes with Bacon

Wash and pare 4 medium sized potatoes. Slice very thinly enough to cover the bottom of a buttered baking dish. Over them sprinkle ¼ t salt, ⅛ t pepper, and ½ T butter in dots, also ½ T flour. Add another layer of thinly sliced potatoes and proceed as before. When the potatoes are all used cover the top with thin slices of bacon and add milk until it comes to the top of the potatoes. Bake about 1 h, or until the potatoes are tender, adding more milk if necessary—that is if they become dry. The bacon imparts a delicious and appetizing flavor to the potatoes. If more meat is desired, alternate layers of potatoes and bacon may be used.

Cherry Salad

Carefully remove the seeds from 1 pt. of California white cherries, and fill with either filberts or hazel nuts. Arrange on crisp lettuce leaves and serve with Mayonnaise Dressing. Either fresh or canned fruit may be used.

Preparing the Meal

About 1¼ h before luncheon, prepare the scalloped potatoes and bake. About ¾ h later make the cherry salad and then the iced tea. Cut the bread and butter and place on the table with the salad. When the potatoes are done serve the lunch. Immediately after lunch make the Coffee Charlotte Russe and chill for dinner.

Wednesday Luncheon—	Cost	Food Units
Scalloped Potato and Bacon	$	1,100
Cherry Salad		625
Bread and Butter		600
Iced Tea		...
Sugar for Tea		156
Total Luncheon	$	2,481

DINNER

Wednesday **Lesson 204**

RUMP ROAST WITH CATSUP
BROWNED POTATOES CREAMED CARROTS
CHOW CHOW
COFFEE CHARLOTTE RUSSE

Rump Roast with Catsup

Sprinkle a 4 lb. Rump Roast with 1 t salt, ¼ t pepper, and 2 T flour, put into a cooker, an earthen one if possible, pour 1 c catsup over it, cover and bake 3 h in a moderate oven. When well browned on one side, turn to brown the other. The catsup gives a delicious flavor to the meat and gravy.

Browned Potatoes

Wash and pare 6 medium sized potatoes, and 1 h before the meat is done place in the pan with the meat, and bake until brown.

Creamed Carrots

Wash and scrape 4 medium sized carrots, cut into ½-inch cubes, cover with boiling salted water and cook until tender, about 20 m. Drain, cover with 1 c Medium White Sauce, p. 38, and serve.

Coffee Charlotte Russe

Caramelize ½ c sugar (p. 56), add ½ c coffee, and let simmer until the caramel is dissolved; then add ½ c milk and when hot pour onto the yolks of 2 eggs beaten with ¼ c sugar. When the mixture thickens, add 1 T granulated gelatine, soaked in ¼ c coffee. Stir over ice water until the mixture begins to set, then fold in 1 c cream, beaten stiff. Line a mould with paper letting the ends of the paper hang over the sides of the mould. Then set sugar wafers or lady fingers as a second lining. Place a spoonful of the cream mixture at the base of each wafer to hold it in place, then fill the mould to the top of the wafers. Chill and serve.

Preparing the Meal

About 3¼ h before dinner prepare the meat and place in the oven. About 2 h later wash and pare the potatoes and put in the same pan with the meat. Also wash, cube and cook the carrots, then make the Cream Sauce for them and keep hot over hot water until needed. The Coffee Char-

lotte Russe should be made immediately after lunch or breakfast and chilled. Cut the bread and butter and place on the table.

When the potatoes are done remove from the pan to a hot serving dish. Also place the meat on a hot platter and make the gravy by stirring 2 T flour into the juices left in the pan and when well blended, adding gradually, 1 c boiling water, stirring all the time. Boil 5 m and serve. Drain the carrots, add to the cream sauce and serve.

Leave the Charlotte Russe in a cold place until needed.

Wednesday Dinner—	Cost	Food Units
2 lbs. Rump Roast	$	2,220
Catsup		100
Browned Potatoes		600
Creamed Carrots		650
Chow Chow		25
Coffee Charlotte Russe		1,825
Bread and Butter		600
Total Dinner	$	6.020
Total for Day (4)		10,754
Per Person per Day		2,688

BREAKFAST

Thursday **Lesson 205**

STRAWBERRIES
CALVES BRAINS SOUTHERN STYLE
TOAST COFFEE

Strawberries

Wash and pick over carefully 1 qt. of fresh strawberries. Remove the hulls, and place the berries in sauce dishes, cover with powdered sugar and serve.

Brains—Southern Style

Wash thoroughly 1 lb. calf brains, and soak overnight in 1 qt. water to which 2 t salt has been added. In the morning beat well with an egg beater adding 1 egg and beating the whole thoroughly. Melt 1 T butter in a frying pan and add the brain mixture, cook slowly like scrambled eggs (p. 25). Serve at once.

Preparing the Meal

The first thing in the morning prepare and cook the brains, and while cooking make the toast and coffee. As soon as the toast is made set in the oven or any warm place to keep hot until ready to serve the breakfast. Now wash and hull the berries, put in the dishes, and place on the

table. Keep a very low fire under the brains while the berries are being eaten, then serve them with the toast and coffee.

Immediately after breakfast start to make the Jellied Beef for lunch, and while the gelatine is soaking cook the eggs for the salad; then put cold beef left from the preceding evening, through the meat chopper. Now make the cream puffs and while they are baking finish the Jellied Beef and set away in a cold place to harden; then finish the salad. A salad such as this needs to stand some time before serving so that the flavors may be thoroughly blended. Make the Cream Filling for the Cream puffs and when both filling and puffs are cool, put together.

THURSDAY BREAKFAST—	COST	FOOD UNITS
Strawberries	$	200
Sugar for Berries and Coffee		311
Brains—Southern Style		776
Toast and Butter		600
Coffee		...
Cream for Coffee		200
Total Breakfast	$	2,087

LUNCHEON OR SUPPER

Thursday **Lesson 206**

JELLIED BEEF

ONION SALAD BROWN BREAD AND BUTTER

CREAM PUFFS

Jellied Beef

Soak ½ T gelatine in ¼ c cold water ½ h. Put enough cold boiled beef through the meat chopper to make 1 c; to this add 1 small tomato peeled and chopped fine, ½ T grated onion, ½ t salt and a dash of pepper. To the gelatine add ½ c boiling water and when the gelatine is thoroughly dissolved add to the beef mixture. Stir all together well, turn into a mould, preferably a square one, and when cold and firm cut into slices to serve.

Onion Salad

To 1 c dry breadcrumbs add 2 small onions chopped fine. Cook 3 eggs hard, and cut up the whites of 1½ eggs and add to the crumbs. Make a dressing of 1 T melted butter, 1 T vinegar, 1 T sugar, 3 T lukewarm water, ⅛ t pepper,

½ t salt, and pour over the crumbs, mixing well. Now put into a serving dish, cover the top with the yolks of the eggs pressed through a sieve, then cut the whites of the other 1½ eggs into rings and distribute over the top. Garnish with parsley and serve.

Cream Puffs

To ¼ c butter add ½ c hot water, and when boiling add ½ c flour and beat vigorously. As soon as the ingredients are well blended, remove from the fire and add 2 eggs, unbeaten, one at a time, beating the mixture thoroughly until smooth. Drop by spoonfuls onto a buttered pan, 1½ inches apart, and shape with the handle of the spoon until circular, piling the mixture slightly in the center. Bake 30 m in a moderate oven.

When done remove from the oven and when cool make a slit in the side of each large enough to admit the Cream Filling. If the cakes are removed from the oven before they are thoroughly done they will fall. If in doubt, take one from the oven and if it retains its shape, it is done. This recipe makes 9 small cream cakes.

Cream Filling

In a double boiler heat 1 c milk. While heating mix ½ c sugar, 2½ T flour, ⅛ t salt, well together, then add to 1 egg slightly beaten. Gradually pour on the heated milk, return to the double boiler, and cook 15 m, stirring constantly until the mixture has thickened. When cool add ½ t vanilla, and put into the puffs.

Preparing the Meal

Ten minutes before lunch time unmould the Jellied Beef and with a sharp knife slice thinly. Also serve the salad, then cut the brown bread and butter, fill the water glasses, place some cream puffs on a plate on the sideboard, and serve the lunch.

THURSDAY LUNCHEON—	COST	FOOD UNITS
Jellied Beef	$	592
Onion Salad		841
Brown Bread		300
Butter		300
Cream Puffs (½ Recipe)		847
Total Luncheon	$	2,880

DINNER

Thursday **Lesson 207**

MEAT SOUFFLE—MUSHROOM SAUCE
BAKED POTATOES WAX BEANS
STRAWBERRY SPONGE CAKE

Meat Souffle

1 c finely chopped cooked meat, ½ c hot Medium White Sauce, yolks 2 eggs, whites 2 eggs. See p. 196.

Mushroom Sauce

To 1 c Medium White Sauce add 1 small can mushrooms, strained and rinsed. Heat thoroughly and serve poured around the souffle.

Wax Beans

Wash well, remove all the strings by cutting off the stems and drawing down the side of the bean, then cut into inch lengths. Cover with boiling salted water and cook until tender, about 1 h. Drain, reserve 1 c for future use, then add 2 T butter, ½ t salt, and dash of pepper to the remaining beans, shake over the fire until thoroughly hot, then serve.

Sponge Cake

Beat 2 eggs until thick, add ¾ c sugar gradually, beating well, then add ⅓ c water and ⅓ t vanilla. Mix and sift 1½ c flour, 1½ t baking powder, and ¼ t salt. Fold lightly into the first mixture. Turn into 2 layer cake pans and bake in a slow oven about ½ h.

Strawberry Sponge

Cut 1 pt. strawberries into small pieces and cover with ¾ c sugar; spread this between the layers of the sponge cake. Cover the top layer with a meringue made by beating the white of 1 egg until stiff and adding 1 T sugar, or with whipped cream. Put a border of whole berries around the edge of the cake. In this case make the meringue with the white of 1 egg left from Wednesday's dessert, saving the other for Friday's dessert.

Preparing the Meal

About 1¼ h before dinner time prepare the wax beans and put on the stove to cook. Then wash and scrub the potatoes and place in the oven. Make 1½ c Medium White Sauce and while it is cooking over hot water put enough

cold beef through the meat grinder to make 1 c, then finish the meat souffle, using ½ c White Sauce and set in the oven, in a pan of water, to bake, allowing about 45 m for its baking. Now make the sponge cake and put in the oven. While the dinner is cooking in the oven, prepare the Strawberry Sponge, then finish the Mushroom Sauce by adding 1 small can mushrooms to the remaining cup of White Sauce. Now make the meringue or whip the cream, whichever is desired, and set in a cool place until needed. By this time the beans are cooked, may be drained, seasoned and reheated.

Put the layers of cake together with the Strawberry filling before serving the dinner, then cover with the meringue, etc., just before serving the dessert.

THURSDAY DINNER—	COST	FOOD UNITS
Meat Souffle	$	980
Mushroom Sauce		555
Baked Potatoes		600
Wax Beans		300
Strawberry Sponge Cake		2,733
Bread and Butter		600
Total Dinner	$	5,768
Total for Day (4)		10,735
Per Person per Day		2,684

BREAKFAST

Friday **Lesson 208**

VITOSE—CREAM AND SUGAR
SHIRRED EGGS BISCUIT
COFFEE

Vitose

Follow directions given on the package, cooking longer, or on page 17 for Cream of Wheat.

Shirred Eggs

Butter 4 egg shirrers. If none are available use old cups. Cover the bottom and the sides with fine cracker crumbs, break an egg and slip into each cup. Place in the oven and bake until the white is hardened. Serve either in the cups or removed and placed on rounds of toast.

Biscuit

Use 2 c flour, 4 t baking powder, ½ t salt, ½ T butter, ½ T lard. Pp. 24-78.

Preparing the Meal

The first thing in the morning reheat the cereal, then

make the biscuits and place in the oven. Prepare the Shirred Eggs and place in the oven just when the cereal is served, so that they will just be done when ready for them. Next make the coffee. Serve the cereal, then the eggs, biscuits and coffee.

Immediately after breakfast make the macaroni croquettes and set away to cool.

FRIDAY BREAKFAST—	COST	FOOD UNITS
Vitose	$	316
Cream for Cereal and Coffee		400
Sugar for Cereal and Coffee		233
Shirred Eggs		400
Biscuits		900
Butter		300
Coffee		...
Total Breakfast	$	2,549

LUNCHEON

Friday **Lesson 209**

MACARONI CROQUETTES
BANANA AND PEANUT SALAD BREAD AND BUTTER
CHOCOLATE

Macaroni Croquettes

Cook ¼ package macaroni in salt water until it is tender, then drain and chop fine. Heat 1 c milk and when hot stir into it a paste made from 1 T butter and 2 T flour. Add ½ t salt, dash pepper, and cook until thickened, stirring all the time. Beat the yolk of 1 egg well and gradually pour onto it the hot milk mixture. Return to the double boiler and cook a few minutes longer. Add the chopped macaroni, remove from the fire and when cool shape. Beat the white of 1 egg slightly, dip the croquettes first in crumbs, then in the egg white, then in crumbs again. Fry in deep hot fat to a golden brown. Serve with Cheese Sauce.

Cheese Sauce

Melt ½ T butter, add ½ T each flour and grated cheese, Stir all together, and when well mixed add 1 c milk. Heat, stirring constantly until it comes to the boiling point, then serve on the croquettes.

Banana and Peanut Salad

Peel and cut into quarters 2 chilled bananas, place on lettuce leaves, cover with salad dressing and sprinkle with chopped peanuts. Serve very cold.

Chocolate

Make the same as cocoa on page 13, using grated chocolate instead of cocoa.

Preparing the Meal

About ½ h before lunch time shape the macaroni croquettes prepared in the morning after breakfast. Put the milk on to heat for the chocolate, heating enough for the cheese sauce at the same time. Now fry the croquettes and while frying make the Banana and Peanut Salad, cut the bread and butter, and start to make the Cheese Sauce. By this time the croquettes should be done and removed to a pan lined with tissue or some other absorbent paper to drain. Make the chocolate, then finish the Cheese Sauce. Fill the glasses with fresh cold water, and serve the lunch.

FRIDAY LUNCHEON—	COST	FOOD UNITS
Macaroni Croquettes	$	850
Cheese Sauce		277
Banana and Peanut Salad		475
Bread and Butter		600
Chocolate		832
Total Luncheon	$	3,034

DINNER

Friday **Lesson 210**

BAKED TROUT—TARTAR SAUCE OR DRAWN BUTTER
MASHED POTATOES PEAS IN CREAM
SPONGE PUDDING—STRAWBERRY SAUCE

Baked Trout

Follow directions given on page 90 for Baked White Fish, omitting, however, the stuffing.

Tartar Sauce

Mix 1 T vinegar, 1 t lemon juice, ¼ t salt, and 1 T Worcestershire Sauce well together and heat over hot water. Brown ⅓ c butter in a frying pan. Strain the two mixtures together and serve.

Drawn Butter

Melt 3 T butter, add 3 T flour, ½ t salt, and ⅛ t pepper, mix well together and add gradually 1½ c boiling water. Boil 5 m, then add 2 T butter in small pieces. Serve with boiled or baked fish, etc.

Sponge Pudding

Mix 2 T sugar and ¼ c flour well together and add a little cold milk; heat the remainder of 1 c milk and when hot stir the flour mixture into it. Cook until it thickens, then add 2 T butter and when thoroughly mixed pour onto the well beaten yolks of 3 eggs; cool, then add the whites beaten stiff. Bake about ½ h in buttered cups or a baking dish set in a pan of water.

Strawberry Sauce

¼ c butter, ½ c pulverized sugar, 1 egg white beaten, 1 c strawberries, either fresh berries, crushed or preserved fruit. Beat well. Use egg white left from Wednesday. See p. 146.

Green Peas in Cream

When peas are cooked add ½ t salt, dash of pepper, and ½ c cream. Heat thoroughly and serve. See p. 293.

Preparing the Meal

About 1¼ h before dinner time shell the peas, let stand in cold water about 15 m, then put on to cook. Now prepare the trout for the oven, then make the Sponge Pudding and place both fish and pudding in the oven at the same time, about ½ h before dinner time. Now wash, peel, cut into small pieces and put on to cook the potatoes for dinner, preparing sufficient to allow for 1 c cold cooked potatoes to be used the following day, also reserving 1 c cold cooked peas. Make the strawberry sauce, then whichever meat sauce is desired to be used. Drain the peas, add the seasonings and reheat, drain and mash the potatoes, reserving 1 c, unmashed, for future use. Remove the fish from the oven to a hot platter, pour the sauce over or serve separately, and serve the dinner.

After dinner cook the Rhubarb Sauce for the next morning.

FRIDAY DINNER—	COST	FOOD UNITS
Baked Trout (2 lbs.)	$	400
Tartar Sauce		500
Mashed Potatoes		700
Peas in Cream		400
Sponge Pudding		932
Strawberry Sauce		1,144
Bread and Butter		600
Total Dinner	$	4,676
Total for Day (4)		10,259
Per Person per Day		2,565

BREAKFAST

Saturday **Lesson 211**

RHUBARB SAUCE WITH CORNFLAKES
WAFFLES MAPLE SYRUP
COFFEE

Rhubarb Sauce

Cut enough rhubarb to fill 2 c into pieces about 1 inch in length. Put in a stew pan with 1 c sugar and about ¼ c water. The rhubarb itself has such a large percentage of water that only a very little extra needed be added. Cook about ½ h or until the fruit is tender and soft.

Waffles

1½ c flour, 2 t baking powder, ¼ t salt, 1 c rich milk, 2 egg whites, beaten separately (p. 131).

Preparing the Meal

The first thing in the morning make the waffle mixture, then put the coffee on to cook. Put rhubarb sauce, made the preceding evening, and cornflakes in alternate layers in cereal bowls and serve. Cook the waffles and serve with maple syrup and coffee.

Saturday Breakfast—	Cost	Food Units
Rhubarb	$	1,156
Cornflakes		200
Waffles		1,000
Butter		300
Maple Syrup		400
Coffee		...
Cream for Coffee		200
Sugar for Coffee		78
Total Breakfast	$	3,334

SATURDAY MORNING BAKING

Bread

1 c milk, 1 c water, 2 T lard, 2 t salt, 1 T sugar, 1 cake compressed yeast, flour (p. 204).

Rolls

2 T sugar, ¼ t salt, ½ c scalded milk, ½ yeast cake dissolved in 2 T lukewarm water, ¾ c flour; cover, let rise and then add 2 T melted butter, 1 well beaten egg, grated rind of 1 lemon, flour to knead (p. 290).

Coffee Cake

1 c scalded milk, ⅓ c butter, ¼ c sugar, ½ t salt, ⅓ yeast cake dissolved in ¼ c lukewarm water, 1 well beaten

egg, flour to make a stiff batter, ½ c raisins, chopped and floured. Cover and let rise overnight. In the morning work down well by stirring with a wooden spoon, turn out onto a floured board, pat out into a sheet ½ inch thick, brush over with beaten egg and a mixture made of 3 T melted butter, ⅓ c sugar, 1 t cinnamon. Sift on top 3 T flour (p. 55).

Cherry Pie

2 c flour, ⅓ t salt, ⅓ t baking powder, ½ c shortening (see p. 130 for directions). Reserve enough pastry for 6 tarts.

Wash, stem, and stone 2 c cherries. Mix 1 c sugar with 2 T flour, add to the cherries, and turn all into a pie pan lined with the paste. Add ¼ c water, cover with a top crust through the center of which have been made several gashes to permit the escape of the steam, and bake until the cherries are tender and the crust a golden brown.

Strawberry Tarts

Roll out the paste reserved for the tarts, line individual tart pans with the paste and bake with the pie. Prick the bottom of each tart with a fork to permit the escape of the steam.

Mash 1 cup strawberries with ¾ sugar and fill the tart shells with the mixture.

Nut Loaf Cake

Cream ⅜ c butter, add ¾ c sugar and cream well. Mix and sift thoroughly 1¼ c flour, ¼ t cream tartar, 1½ t baking powder, and add to the creamed mixture, alternately, with ¼ c milk. Add ½ c walnut meats cut into small pieces, then fold in the stiffly beaten whites of 4 eggs. Pour into a loaf cake pan and bake slowly about 30 to 40 m. Cover with Mocha Frosting. Use 4 egg yolks for Salad Dressing (p. 27), doubling the recipe.

Mocha Frosting

Cream ¼ c butter, add 1⅓ c confectioner's sugar, gradually, creaming well; mix 1 T powdered cocoa with 2 T hot coffee infusion, and when thoroughly melted add to the sugar mixture. If not thin enough to spread nicely on the cake, add a little more coffee until the desired consistency is reached. If too thin, add more sugar.

Method of Work

Start the bread, rolls, and coffee cake the first thing in the morning. If the latter is not set the night before use 1 yeast cake instead of ⅓. While the bread, etc., are rising, make the pastry, then set in a cool place while preparing the cherries. Finish the pie and tarts and place in the oven. By this time the bread, rolls, and coffee cake can be kneaded down and set to rise again, the rolls and coffee cake being put into the pans for baking. Now make the nut loaf cake, and place in the oven. The pie will doubtless be done by this time, and the strawberry filling made and the tarts filled. While the cake is baking the frosting may be made. This is one advantage of this kind of frosting, that it may stand a number of hours without deterioration. Also it has not the raw taste that uncooked frostings usually have. Then make the salad dressing.

As soon as the cake is out of the oven, put in the rolls and coffee cake, and work down the bread again and put into the pans for a final rising. By the time the rolls, etc., are baked, the bread will be ready for the oven and may be baked.

LUNCHEON

Saturday **Lesson 212**

RUSSIAN SALAD HOT ROLLS
STRAWBERRY TARTS ICED TEA

Russian Salad

Place in the center of a small platter or chop plate a small can salmon from which the bones and skin have been removed. Other fish may be used if desired. Marinate with oil and vinegar (4 T oil, 2 T vinegar, oil poured on first, then vinegar), 1 c cold cooked peas, 1 c cold cooked string beans, and 1 c cold cooked potatoes, cubed; arrange in sections around the fish on the platter, first peas, then beans, then potatoes; outline each section with strips of tomato. Serve with boiled or mayonnaise dressing.

Preparing the Meal

About 1 h before lunch time marinate the vegetables, which have all been cooked and reserved from previous meals. Then about 10 m before lunch time open a small

can salmon, and finish the salad, make the iced tea, and put the strawberry tarts and the hot rolls made in the morning on the table and serve the lunch.

Saturday Luncheon—	Cost	Food Units
Russian Salad	$	1,064
Hot Rolls		300
Butter		300
Strawberry Tarts		992
Iced Tea		
Sugar for Tea		156
Total Luncheon	$	2,812

DINNER

Saturday **Lesson 213**

BREADED VEAL STEAK
NEW POTATOES IN CREAM CREAMED CAULIFLOWER
RADISHES
CHERRY PIE

Breaded Veal Steak

Wipe the steak with a damp cloth, then dip into fine breadcrumbs, then in beaten egg, then in crumbs again and saute in butter, suet, etc., until a golden brown in color, and the meat is tender throughout.

New Potatoes in Cream

Wash and scrape, do not pare, 8 small new potatoes. Cook in boiling salted water; when tender, drain and cover with 1 c thin White Sauce (p. 38).

Creamed Cauliflower

Separate a cauliflower into sections, wash well, and cook in boiling salted water until tender, about 30 m. Drain and cover with 1 c Medium White Sauce.

Radishes

Wash little red radishes thoroughly, cut off the long roots and tops and serve on a bed of chopped ice.

Cherry Pie

See Saturday Morning Baking.

Preparing the Meal

About 40 m before dinner time wash and scrape the new potatoes and put on to cook. Then wash and prepare the cauliflower and start to cooking. Bread the veal steak and cook. Brown first one side, then the other, then lower the fire and cook slowly until tender. Veal needs thorough

cooking. Now clean the radishes and place on the table, then cut the pie, made in the morning, and place on a side table until needed. Make the cream sauce for the potatoes and cauliflower, when ready to use adding more milk to that for the potatoes, drain the potatoes and cauliflower, pour over the cream sauce, take up the meat, and serve the dinner.

Saturday Dinner—	Cost	Food Units
Breaded Veal Steak (2 lbs.)	$	1,035
New Potatoes in Cream		700
Creamed Cauliflower		550
Radishes		50
Cherry Pie		3,056
Bread and Butter		600
Total Dinner	$	5,991
Total for Day (4)		12.137
Per Person per Day		3,034

BREAKFAST

Sunday **Lesson 214**

SHREDDED WHEAT BISCUITS
FILLED
WITH STRAWBERRIES
EGGS IN NESTS HOT COFFEE CAKE
COFFEE

Shredded Wheat Biscuits

With a sharp knife make a hollow in the center of a crisp shredded wheat biscuit, fill with fresh strawberries and serve with sugar and cream.

Eggs in Nests

Separate the yolks and whites of 4 eggs, one at a time, taking care not to break the yolks. Beat each white stiff, adding ¼ t salt, place in a shallow ramikin or custard cup, and in the center of each place the yolk of the egg. Set in a pan of water and bake slowly until set. Serve at once.

Hot Coffee Cake

Reheat the coffee cake made the previous day by placing in the oven for a few minutes. Then serve at once.

Preparing the Meal

The first thing in the morning look over and wash the strawberries for breakfast, then prepare the eggs in nests. Place in the oven with the coffee cake, then make the

coffee. While these are cooking, prepare the shredded wheat biscuits and place on the table. Serve the cereal, then the coffee cake, eggs and coffee.

Immediately after breakfast, wash and hull the berries for the ice cream and set away with the sugar for 2 h. Then finish making the ice cream, repack in salt and ice, and set away to "ripen."

SUNDAY BREAKFAST—	COST	FOOD UNITS
Shredded Wheat Biscuits	$	510
Strawberries		200
Sugar for Cereal and Coffee		233
Cream for Cereal and Coffee		400
Eggs in Nests		400
Hot Coffee Cake		1,100
Butter		300
Coffee		...
Total Breakfast	$	3,143

DINNER

Sunday **Lesson 215**

LENOX LAMB WITH PEAS
NEW POTATOES
ORANGE AND MINT SALAD
STRAWBERRY ICE CREAM

Lenox Lamb with Peas

Have the butcher cut from the center of a leg of lamb two slices each 1¼ inches thick. Wipe with a damp cloth and sear both sides in a hot frying pan until well browned. Brush over with melted butter, season with ½ t salt and dash of pepper, and put into a casserole with ¼ c water. Bake ½ h.

Parboil ¾ c new peas 15 m, then drain and saute in 1 T bacon fat to which has been added 1 T finely minced onion. Make 2 c Brown Sauce Medium (p. 38) and add to the lamb with the peas and 1 c potato cubes. Cook until the potatoes are tender, then serve. Place the lamb in the center of the platter with the potatoes at one end and the peas at the other. Over all pour the gravy.

Orange and Mint Salad

Peel two large oranges, separate into sections and cut each section into thirds. Sprinkle with 2 T pulverized sugar, 2 T finely chopped mint, 1 T grape juice, and ½ T lemon juice. Chill thoroughly with salt and ice, then serve

in sherbet glasses or orange baskets, garnished with a sprig of mint.

Strawberry Ice Cream

Wash and hull 1½ pts strawberries, cover with 2 cups of sugar, and let stand 2 h. Mash and squeeze through a cheesecloth, then add ⅛ t salt. Freeze 1½ pts thin cream to the consistency of mush, using 3 parts ice to 1 part salt, then gradually add the crushed fruit and finish freezing. Standing for an hour or so packed in ice and salt improves the flavor.

Preparing the Meal

One hour before dinner time prepare the lamb and while cooking in the oven parboil the peas. While they are cooking wash, scrape and cube enough potatoes to make 1 c, and then make 2 c brown sauce. By this time the peas may be drained and sauted in the bacon fat with the minced onion. Now add peas, potatoes and sauce to the lamb, cover and cook until potatoes are tender. While the meat is cooking make the salad and chill with salt and ice until ready to serve the dinner. Then chop the ham for sandwiches and make the Sauce Tartare for supper. Just before taking up the meat arrange the salad in sherbet cups or whatever is to be used, and place on the table. Serve the dinner.

SUNDAY DINNER—	COST	FOOD UNITS
Lenox Lamb (2 lbs.)	$	1,932
Potatoes		450
Peas		100
Orange and Mint Salad		312
Strawberry Ice Cream		1,806
Bread and Butter		600
Total Dinner	$	5,200

SUPPER

Sunday **Lesson 216**

DEVILLED HAM SANDWICHES
CELERY, CARROT AND NUT SALAD
NUT LOAF CAKE FRESH CURRANT CRUSH

Devilled Ham Sandwiches

Finely chop 1 c cold boiled ham. Mix thoroughly with ½ c Sauce Tartare, spread between thin slices of buttered bread, cut off the crusts, cut the sandwiches into triangles, oblongs, etc., and serve.

Sauce Tartare

Mix ½ t mustard, 2 t sugar, ½ t salt, and dash cayenne thoroughly; add the yolks of 2 eggs and stir until the ingredients are very well mixed, setting the bowl in a pan of ice water. Now add ½ c olive oil, drop by drop, stirring with a wooden spoon or wire whisk. As the mixture thickens, add a few drops of vinegar, of which there should be 1½ T used in all, then the oil may be added more rapidly. Put away in a cool place until ready to use, when ½ T each finely chopped capers, pickles, olives and parsley should be added.

Celery, Carrot, and Nut Salad

Put 1 c celery and 1 c raw carrots through the meat grinder. Then mix with ¾ c English walnuts and put through the grinder again. Mix well with ¾ c salad dressing, and serve on lettuce leaf.

The second grinding is for the purpose of thoroughly blending the ingredients, so that the flavor is completely changed.

Fresh Currant Crush

Wash thoroughly 1 pt fresh red currants, then mash with 2 c sugar. Chill and serve.

Nut Loaf Cake

See Saturday Morning Baking.

Preparing the Meal

If desired this entire meal may be prepared just after dinner, the sandwiches made and wrapped in oiled paper until needed, the salad made and put in a cold place as its excellence will only be increased by standing, the currants washed and mashed and put in a cool place. So that 10 m before supper time will be ample for cutting the cake and putting the rest of the meal on the table.

Sunday Supper—	Cost	Food Units
Devilled Ham Sandwiches	$	1,609
Celery, Carrot and Nut Salad		362
Nut Loaf Cake (¼ recipe)		1,087
Fresh Currant Crush		2,212
Total Supper	$	5,261
Total for Day (4)		13,604
Per Person—		
Per day		3,401

WEDDING BREAKFAST

FRUIT PUNCH
HALIBUT TURBANS—HOLLANDAISE SAUCE
NEW POTATO BALLS OLIVES
SWEETBREAD CROQUETTES
NEW PEAS IN TIMBALE CASES HOT ROLLS
MOULDED CUCUMBER JELLY SALAD
GRISINI
WEDDING CAKE AND BRIDE'S CAKE PINEAPPLE PARFAIT
CREAM PATTIES

A color scheme has been purposely omitted in this breakfast and the dishes so planned that any color scheme can be carried out to suit the special occasion. For instance, for a yellow wedding, slices of hard cooked egg can be added to the fish sauce. The salad dressing for the cucumber can be made a rich yellow, the pineapple parfait can be garnished with candied orange peel and served in orange cups, the pulp and the juice of the oranges being used in the fruit punch. The cream patties can be flavored with orange and colored yellow.

For a green color scheme, use green leaves for doilies under the punch cups, minced parsley should be sprinkled on top of the Hollandaise sauce for the fish, the sweetbread croquettes laid on lettuce leaves, the cucumber jelly salad served in the green cucumber cups and set on a lettuce leaf, the parfait decorated with angelica and served in pale green paper cups, with the green mint patties.

For a pink color scheme, strawberries and cherries, strips of red pimento, etc., can be employed in the garnishings.

A wedding breakfast is supposed to be served at about 12 o'clock, but the above menu would be suitable for any hour.

Seating of the Guests

If there are a great many guests they should be seated at small tables, four at each table, and care taken that persons congenial to each other be seated together. For the Bridal Party, however, a larger table is used and the guests seated as follows: The bride is seated at the groom's left, and this is the *only* time when husband and wife, as host and

hostess, should be seated together. At the left of the bride is seated the best man, then the minister's wife, then the bride's father and the groom's mother. At the right of the groom is seated the maid of honor, then the minister, then the bride's mother and the groom's father. If there is room for more at this table, seat the bridesmaids and ushers, putting together such as are congenial.

Fruit Punch

Make a syrup by boiling 1 c sugar with ½ c water 10 m; add ½ c tea infusion, 1 c strawberry syrup, ½ can grated pineapple, the juice of 3 lemons and 3 oranges, and let stand ½ h. Strain and add enough ice water to make ¾ gallon liquid. Add ½ c Maraschino cherries and 1 pt Apollinaris. This quantity will serve 25.

Halibut Turbans

Remove the bones and skin from two slices of halibut cut ½ inch thick and divide into four fillets. Dip in melted butter, squeeze over them the juice of half a lemon, pepper, salt, and a little onion juice, about ½ t. Commencing with the wide end roll each fillet into a turban, and fasten with a toothpick. Bake about 20 m, basting with hot stock, or ½ c water in which 2 T butter has been melted.

Hollandaise Sauce

1 T chopped onion, a bit of bay leaf, 2 T vinegar, 2 T butter, 1 T flour, 1 c boiling water, yolks 2 eggs, ½ t salt (p. 91).

New Potato Balls

With a scoop or French vegetable cutter cut out sufficient potato balls to fill 1 pt. measure. Cook until tender in boiling salted water, drain, sprinkle with salt and minced parsley, and serve with the fish.

Sweetbread Croquettes

To 1 c Thick White Sauce add 1 egg, ½ t salt, ¼ t paprika, 1 T lemon juice, and 2 c cold cooked chopped sweetbreads. When thoroughly cold, shape as desired, dip in crumbs, then beaten egg, then crumbs, and fry in deep hot fat.

New Peas in Timbale Cases

Follow directions on page 293 for cooking green peas,

drain, add 2 T butter, ½ t salt and dash pepper for each pint peas and fill the timbale cases.

Timbale Cases

2 eggs, 1 c milk, 1 c flour, ¼ t salt (p. 176).

Moulded Cucumber Jelly Salad

Cut 2 medium sized cucumbers into thin slices, add 1 slice of onion, ½ t salt, ⅛ t pepper, and 1 pt. water. Simmer until the cucumber is tender. Soak 1 T granulated gelatine in 1 T cold water, add to the first mixture, then strain. Line a mould with slices of cold cucumbers, then pour in the jelly. When firm and very cold serve on a bed of lettuce with French or Mayonnaise Dressing.

Grisini

Sift 2 c flour with 1 t salt and ⅛ t cayenne, add ¼ c butter, beaten to a cream, 2 eggs well beaten, and 1 T milk. Knead to a smooth paste, then roll out into a thin sheet, and cut in strips about ½ inch wide and 4 inches long. Lay in buttered tins, brush over with milk, sprinkle with coarse salt and bake in a quick oven.

Wedding Cake

Cream 2 c butter, add 2 c sugar gradually, and beat thoroughly. Separate the yolks and whites of 12 eggs, beat the yolks until thick and lemon colored, and the whites until stiff and dry, and add to the sugar and butter. Mix and sift 4 c flour, 2 t cinnamon, ¾ t each nutmeg, allspice and mace, reserve ⅓ c with which to dredge the fruit, then add the rest to the sugar and butter mixture. Seed and cut into small pieces 2½ lbs. raisins, ½ lb. currants, slice very thin and cut into strips 1 lb. citron, chop finely 1 lb. figs and 1 lb. almonds, dredge with the ⅓ c flour and add to the cake, with 2 T lemon juice and ¼ c grapejuice. Mix well, pour into deep buttered pans, cover the top with oiled paper and steam 3 h, then bake 1½ h in a slow oven. Or bake 4 h in a slow oven. When the cake is steamed, then baked, it seems to be richer than when baked only.

Bride's Cake

Cream ½ c butter, add 1½ c sugar and mix well. Mix and sift well 2½ c pastry flour, 3 t baking powder, ¼ t

cream of tartar, and add to the sugar mixture alternately with ½ c milk. When well mixed add ½ t almond extract and the stiffly beaten whites of 6 eggs. Bake 45-50 m in deep narrow pans. Frost with plain icing (p. 34).

Pineapple Parfait

Boil together 1 c sugar and ½ c water until it threads. Beat the whites of 3 eggs until stiff and dry, adding ½ t cream of tartar when the eggs are foamy. Pour the syrup slowly onto the whites of the eggs and continue beating until cold. Add 1 c grated pineapple and 1 pt. heavy cream whipped stiff. Put into moulds and let stand for 3 h, packed in equal portions of ice and salt.

Cream Patties

5 c sugar, 2½ c water and ½ t cream of tartar (p. 118, plain fondant and cream mints).

Preparing the Breakfast

The juice for the fruit punch, the sweetbread croquettes, timbale cases, rolls, cucumber jelly salad, grisini, bride's cake and the cream patties should all have been prepared the preceding day. The wedding cake should have been made some weeks previously, as the flavor is greatly improved by standing. Some make these cakes months and even years beforehand.

Immediately after the early breakfast for the family cut the potato balls and cover with cold water. Also wash the parsley and lettuce which will be used, open the olives, rinse, and pour into the serving dishes, or arrange on the bread and butter plates 2 to each. Now prepare the pineapple parfait and pack in ice and salt. Now shell the peas and let stand in cold water until ready to cook them. Mince the parsley for the potato balls. One h before serving time put the peas on to cook, then cook the potato balls. While these are cooking prepare the halibut turbans and put into the oven, then fry the sweetbread croquettes and set in a warm place until needed. Make the Hollandaise Sauce and 10 m before removing the fish from the oven reheat the rolls and the grisini. Arrange the timbale cases on plates ready for the peas, also put out the cucumber jelly salad, finish the fruit punch, putting a large piece of

ice in it so that it will be thoroughly cold, cut the cakes, and put the patties in serving dishes. Drain the potato balls, season and cover with the minced parsley. Drain the peas and add the seasoning, and keep warm until needed.

The breakfast would, naturally, be served in courses. The first course is the fruit punch; the second course, halibut turbans, potato balls and olives; the third, sweetbread croquettes, peas in timbale cases and hot rolls; fourth, moulded cucumber jelly salad, grisini; fifth, pineapple parfait, cake and patties.

JUNE MENUS—COST AND FOOD VALUES—FOUR PERSONS

Summary—	Cost	Food Units
Monday—Total	$	10,443
Tuesday—Total		12,792
Wednesday—Total		10,754
Thursday—Total		10,735
Friday—Total		10,259
Saturday—Total		12,137
Sunday—Total		13,604
Total for Week (4)	$	80,724
Total for Week (1)		20,181
Average per Day per Person		2,883

REDUCING THE COST OF THE JUNE MENUS

In the endeavor to lessen the cost of the meals served in June the local prices must have chief consideration. The prices used in the above calculations are omitted because they are now so variable. The prices of meat in large cities and in fashionable neighborhoods will generally be higher than those used in the middle West. On investigation it will be found that prices vary as much as 25 per cent in different localities of the same city. In dealing with shops in which low prices rule, it is usually necessary to make personal selection to obtain satisfactory quality.

As suggested in previous months, using the top of the milk for cereals and coffee in place of cream will save about 32c. If butter is high and oleomargarine is available, its use in cooking will save about 15c. A small vegetable garden and cold frame for raising rhubarb, lettuce, radishes, onions, mint, parsley, etc., will save about 25c. Substituting a cut from the chuck in L. 198 and 204 would save about 10c in some localities. Omitting mushroom sauce to the meat souffle in L. 207 would save 13c. Substituting molasses cookies for Coffee Charlotte Russe, L. 204, would make a difference of 20c. Using caramel syrup in L. 211 in place of maple would save 4c. The use of home grown cherries in a cherry pie of L. 213 and the salad of L. 203 would reduce the cost about 10c. Salad oil in place of olive oil in all salads would effect a saving of at least 10c.

The total saving according to the above suggestions would amount to $1.39.

JULY MENUS

AN IMPROVISED COOKING LABORATORY AT UNIVERSITY OF SOUTH DAKOTA
Liberal Use Made of White Oil Cloth

LESSONS IN COOKING

PART XI

CANNING OF VEGETABLES

In canning vegetables the same principal for preservation must be employed as for fruit—that of thorough sterilization. As we cannot use either a strong sugar or acid solution to aid preservation, we are reduced to one method of sterilization—the employment of heat. Consequently the greatest caution and care must be taken to insure good results. Even then there may be some failures because the temperature used cannot, under ordinary circumstances, be raised above that of boiling or 212°F, and the spores of some bacteria are supposed to resist any temperature below 240°F. These developing later into active bacteria cause the vegetables to spoil.

To prevent this a greater degree of success may be obtained by dividing the time of cooking into three parts, allowing 24 hours or more to elapse between each period of cooking. This will give the spores time to develop into bacteria, which are subsequently killed by the boiling temperature. The third cooking should render the entire contents of the jar sterile.

The commercial canners of vegetables heat the cans by means of steam under pressure and so obtain a higher temperature than 212°F. As it is not possible to do this in the home, the intermittent method of sterilization should be used rather than long cooking for 3 to 5 h. By the intermittent method the full flavor and color are retained, whereas long cooking has an unfavorable effect.

Vegetables for canning must be freshly gathered, preferably early in the morning while the dew is still on them.

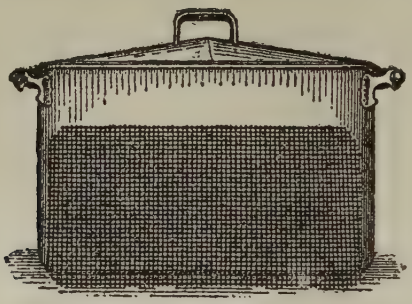
All green vegetables, such as peas, beans, corn, should be taken in the early stage before they lose the "sweet taste"—that is before the sugar is changed to starch.

Utensils

Where canning of vegetables is done in large quantities canners may be used, but the directions given here are for the use of the utensils found in the average home.

1. A wash boiler having a *tight cover* or a large steamer of the square type with doors.

2. A rack or trivet on which to set the cans if a boiler is used. This may be made of narrow strips of wood, or pre-



STERILIZER—WASH BOILER WITH WIRE MESH BOTTOM.

ferably of galvanized iron wire netting, ½ inch mesh, cut to fit the bottom of the boiler.

3. The glass jars having glass covers and spring tops are the best to use. The screw top jars with covers which have a porcelain lining are not safe to use, for any vegetables except tomatoes. Use pint or quarts, according to the size of the family. Always use new rubber rings of the best quality.

Canned Corn

I. With Hulls

Corn should be canned within an hour of being shucked if possible. Husk the ears and remove all silk with a stiff brush. Cut the corn from the cob, being careful not to include any defective kernels. Pack into the jars, pressing it down and filling with cold water. Salt to taste—about 1 t to a quart and lay on the rubber rings and covers and set on the rack in the boiler. Surround with lukewarm water about 3 inches deep. Cover the boiler, bring quickly to the boiling point and steam for one (1) hour for pint jars and 1¼ hours for quarts. Clamp down the covers and remove the jars and let cool away from any draft or leave in the boiler over night.

The next day raise the spring clamp and steam in the

boiler for an hour or an hour and a quarter, then clamp on the covers and allow to cool. Repeat this process the third day.

Set the jars aside for two or three days and then *test them* for thorough sterilization by releasing the spring clamp and picking up the jar by the edge of the cover. If there

Cover off.

Closed.

Spring loosened.

Testing.

SPRING TOP PRESERVE JARS.

From Bulletin No. 359—*Canning Vegetables in the Home.* U. S. Dept. Agriculture.

has been the slightest decomposition, the gases formed will relieve the suction produced when the jars cool and the cover will come off. When this happens taste the contents of the jar and if the flavor is unaffected sterilize again and test once more. To open jars release the spring and insert a thin knife blade under the rubber next the jar.

II. WITHOUT HULLS

Score each row of grains and press out the pulp, using the back of a knife. Pack into jars and proceed as above, steaming for one hour on three successive days.

Canned Peas

Select young, tender peas, shell and wash in cold water. Scald with boiling water, drain immediately and pack into jars, shaking down well. Fill to overflowing with water, having 1 t of salt to the quart. Adjust covers, set on the rack in the boiler and steam for an hour on three successive days, as directed for canned corn. If cans are not full, fill to overflowing with boiling water, being careful not to lay the covers down, as they may gather yeast spores. Be sure to test the cans for sterilization as described.

Lima, Kidney or Other Shell Beans may be canned according to the process given for peas. If desired the preliminary scalding may be omitted, but this allows more of the vegetable to be packed in the can.

Canned Asparagus

Have the asparagus cut fresh and use only the tender stalks or portions of stalks. Wash and drain, cover with boiling water and cook 10 m. Drain, and when cool enough to handle, arrange neatly in jars with the heads up, using wide mouthed jars. Add ½ t salt to each pint jar, fill to overflowing with boiling water, put on the covers loosely, set in the boiler and cool in the kettle.

Canned Tomatoes

I. Whole Tomatoes

Select tomatoes that are small, even sized and solid. Scald and peel, being careful to remove the stem end. Arrange in jars, fill with cooled boiled water, cover loosely, set in boiler, surrounded in water as in preceding cases, and boil ½ h. If necessary fill each can to overflowing with boiling water and fasten the lids. Imperfect tomatoes can be sliced, cooked and used instead of the boiled water to fill the jars.

II. Stewed Tomatoes

Prepare tomatoes as in the preceding directions, cut into halves or quarters, cook in porcelain lined vessel for about 30 m. Sterilize the jars and fill with the boiling tomatoes to overflowing. Adjust the lids, screwing tight or sealing.

Canned Corn and Tomatoes

Prepare fne corn according to directions given in Process II, thus using only the pulp. Add to tomatoes, using equal portions of each and follow directions given for Stewed Tomatoes.

Canned Beets

Select small young beets. Wash and boil for 30 m. Remove the skins and pack carefully into jars. Fill the jars with vinegar and water, which has been boiled and cooled, using 1 part vinegar to 2 parts water. Adjust the covers, set in boiler, surround with water, as in the preceding directions, and boil for ¾ h. Tighten the covers and cool in the boiler.

Carrots and turnips may be canned after this rule. Wash and pare, then boil for 30 m. and proceed as above, using plain boiled water instead of vinegar and water.

PICKLING OF FRUITS AND VEGETABLES

The principle of preservation in this case is the use of a strong acid solution, which is not favorable to the growth and activity of the bacteria.

Fruits and vegetables both should be very firm and in perfect condition. In some cases the green fruit is used.

Fruits as a rule are pickled alone, but with the vegetables many combinations are used.

Sweet Pickled Peaches

Select firm ripe, but not overripe, peaches, the cling stone being better than the free stone.

Scald to remove the skins. If the peaches are not quite ripe this may not be successful, and in such cases they will have to be pared.

Then weigh the fruit and stick each peach with four (4) cloves. To one part fruit use one-half as much sugar, one-eighth as much vinegar and one-half as much water as vinegar.

Make a syrup of the sugar, vinegar and water, adding a stick of cinnamon (about 1 oz. stick to each pint of vinegar). Boil about 20 m. and skim if necessary. Then drop peaches in, a few at a time, cook until tender, transfer to sterilized

jars, and when all the peaches have been cooked fill the jars up with the syrup.

The skin may be left on the peaches, which should then be well rubbed to remove the fur, but they will require longer cooking.

PEARS, APPLES, PLUMS may be pickled in the same way as peaches, the best for the purpose being the sickle pears, red crab-apples, either green gage or large blue or red plum. These are all left unpeeled.

CHERRIES are pickled the same as peaches, selecting cherries having a good stem, and two, three or more in a bunch. Leave them on the stems. The cloves should be put right into the syrup instead of into the fruit.

Spiced Currants

Wash and drain the currants and remove from the stems. Weigh the fruit, and use in the proportion of 1 part currants, ⅔ part brown sugar and ⅛ part vinegar. Put all together into a preserving kettle, add ground cloves and cinnamon, tied in a bag (1 T to each 2 lbs. fruit), and cook slowly—about 1½ h. Keep in *a stone jar* in a cool place.

Ripe Cucumbers

Peel the cucumbers, cut in quarters lengthwise, and remove the seeds. Cover with alum water, allowing 2 t alum to each quart of water. Heat to boiling point and let stand in a warm place 3 h. Remove from the alum water and let stand 1 h. in ice or cold water. Weigh the cucumber at this point and make a syrup in the same proportions as for pickled peaches—1 part cucumber, ½ part sugar, ⅛ part vinegar and ½ as much water as vinegar.

Cook the cucumber in the syrup until tender.

Unripe Cucumbers (Gherkins)

To 1 gal. of pickles add 1 cup salt and cover with boiling water. Let stand 24 h, then pour off the water, heat to the boiling point and pour back over the pickles. Let stand for 24 h and repeat the above directions. Let stand for another 24 h. Then heat together 1 pint each of vinegar and water and a small piece of alum about the size of a hickory nut. Drain the cucumbers from the brine, pour over them the boiling hot vinegar and water with the dissolved alum, and let stand in that solution until firm—about 6 h.

To 1 gal. of vinegar add 2 sticks of cinnamon, 2 T allspice berries, 2 T cloves, 1 red pepper and 1 cup of sugar. Boil 10 m, then cook the cucumbers, a few at a time, drained from the alum water, for 10 m in ¼ the vinegar solution. Put the pickles in a stone jar and pour over them the rest of the vinegar.

Olive Oil Pickles

Slice 2 qts. green cucumbers very thin, cover with boiling water. When cold drain and cover with a weak brine and let stand 24 h, then drain. Mix together ¼ t each cloves, allspice and celery seed, 1 t cinnamon, ¼ cup sugar, ¼ cup mustard seed, ¼ cup olive oil, 2 cups very thinly sliced onion and add to the cucumber. Mix well and add enough cold vinegar to cover thoroughly. Store in jars.

Chow Chow

Prepare and cut into small pieces 3 qts. small green tomatoes, 24 very small cucumbers, 4 red peppers, 2 large cauliflower, 3 bunches celery, 1½ pints small onions. Put in layers in a crock with salt sprinkled between the layers and on top. Let stand 12 h, then drain off the brine. Cover with vinegar and water in equal parts and let stand another 12 h. Drain again and pour over ½ gal. vinegar, which has been boiled 10 m with 4 lbs. sugar, 1 pint grated horseradish, 1 oz. celery seed, ½ lb. mustard seed, ¼ cup whole peppers, ½ cup turmeric, ½ cup cinnamon. Let stand until cold and then add 1 cup salad oil mixed with ¼ cup ground mustard.

Chili Sauce

Peel and slice 18 medium sized ripe tomatoes and put into a preserving kettle. Add 2 small peppers and 2 small onions each finely chopped, ½ c sugar, 1½ T salt, 3 t each clove, cinnamon, nutmeg and allspice, and 1 qt. vinegar. Heat gradually to the boiling point and then cook slowly 2½ h to 3 h. Pour into sterilized bottles or jars and seal.

Watermelon Rind

Remove all the pink pulp and thin green skin from the rind and cut the rind into cubes or strips. Then proceed as for ripe cucumbers.

JULY MENUS

Monday **Lesson 218**

BREAKFAST

POST TOASTIES RED RASPBERRIES
SCRAMBLED EGGS WITH CHOPPED TOMATOES
TOAST COFFEE

Post Toasties

Heat in the oven until thoroughly crisp, then cover each bowl of cereal with freshly washed sweetened raspberries.

Scrambled Eggs with Chopped Tomatoes

Cut fine 3 tomatoes and cook for 10 m with 2 T butter, ½ t salt, ⅛ t pepper; then drop in 3 unbeaten eggs. Cook stirring constantly until the eggs are set, then serve at once on toast.

Preparing the Meal

Prepare the tomatoes and start to cooking, then wash and sweeten the raspberries and put the cereal in the oven to become crisp. Now make the coffee and while it is cooking make the toast. Put the eggs in the pan with the tomatoes and cook very slowly until set. Serve the cereal before the eggs are done, having the heat under them very low. Then serve the eggs, toast and coffee.

Immediately after breakfast make the Cherry Pudding and Custard Sauce for dinner.

Monday Breakfast—	Cost	Food Units
Post Toasties	$	200
Red Raspberries		100
Scrambled Eggs with Chopped Tomatoes		575
Toast and Butter		600
Coffee		
Cream for Cereal and Coffee		400
Sugar for Cereal and Coffee		233
Total Breakfast	$	2,108

LUNCHEON OR SUPPER

Monday **Lesson 219**

POTATO SALAD ON LETTUCE
BREAD AND BUTTER ICED TEA
CAKE

Potato Salad

Cut 3 cold boiled potatoes into cubes, add 1 onion and ½ cucumber chopped fine. Marinate with 6 T olive oil and 3 T

lemon juice. Season with ½ t salt and ⅛ t pepper. Arrange the salad in a salad bowl, cover the top with slices of tomato and over this place a few tablespoons of boiled salad dressing (p. 29) or mayonnaise (p. 177).

Preparing the Meal

An hour before luncheon prepare the salad and set in a cold place until ready to serve. At that time also make 1 c strong tea and set away to cool.

Ten m before lunch time cut the bread and butter, make the tea, using ice water, cut cake left from Sunday, or use cookies or fancy crackers. Arrange the salad on plates and serve the luncheon.

MONDAY LUNCHEON—	COST	FOOD UNITS
Potato Salad	$	1,068
Lettuce		25
Bread and Butter		600
Iced Tea		156
Cake		812
Total Luncheon	$	2,661

DINNER

Monday **Lesson 220**

SAVORY MEAT CASSEROLE

POTATOES LETTUCE

CHERRY PUDDING CUSTARD SAUCE

Savory Meat Casserole

Grind together 1 pound roundsteak, ½ c stale bread, 1 stalk celery (or a few grains of celery salt), and 1 slice onion. Add 1 t salt, ¼ t pepper, ⅛ t nutmeg, and 1 egg well beaten; mix thoroughly, then shape into an oval loaf, and place in a casserole or baking dish. Slice 3 small carrots lengthwise, peel six onions and place both in the dish with the meat. Add 1 qt. boiling water, cover tightly and cook very slowly over the simmer burner, in a very slow oven or in a fireless cooker for about 3 h. The last 15 m the meat may be cooked uncovered in the oven, to brown it. Also at this time add ½ t salt and ⅛ t pepper to the gravy. When ready to serve place the loaf on a hot platter and arrange the vegetables around it. Thicken the gravy with 1 T flour mixed with 1 T butter and pour around the meat.

Boiled Potatoes

Wash and scrape 6 medium sized new potatoes. Cover with hot salted water and cook until tender. Drain, shake a minute or two in the pan and serve.

Lettuce

Wash thoroughly and then chill 1 head of lettuce. When ready to serve arrange on salad plates and place on the table together with oil and vinegar or lemon juice, as desired.

Cherry Pudding

Wash and pit 2 c cherries, add 1 c sugar and ½ c water, and cook until tender. When done there should be about 2 c. To this quantity add 2 T cornstarch mixed with 2 T cold water, ½ t salt, a grating of nutmeg and cook 15 m in a double boiler. Remove from the fire, add the stiffly beaten whites of 2 eggs, turn into a wet mould or moulds and set away to cool. Serve very cold with Custard Sauce.

In season RHUBARB or GOOSEBERRIES may be used in this recipe, adding ⅓ c more of sugar.

Custard Sauce

Scald 1½ c milk. To the yolks of 2 eggs add ¼ c sugar, ⅛ t salt and mix thoroughly. Add the hot milk slowly, stirring all the time, return to the double boiler and cook, stirring constantly until the mixture coats the spoon. Add ⅛ t nutmeg and set away to cool.

Preparing the Meal

About 3 h before dinner time prepare the Savory Meat Casserole and start to cooking. Then make the Cherry Pudding and Sauce and set away to cool, if not made after breakfast.

Forty m before dinner wash and scrape the potatoes and put on to cook. Then wash the lettuce and place in the refrigerator to chill. Unmould the Pudding onto the serving dishes, pour the Sauce around it and set in a cool place until needed. Uncover the casserole and set in the oven to brown the meat. When brown remove from the casserole to hot platter, arrange the vegetables around it, then thicken the gravy. While the gravy is cooking cut the bread and butter, fill the water glasses and place all on the table. Serve the lettuce, drain the potatoes and put into a vegetable dish, pour the gravy around the meat and serve the dinner.

Monday Dinner—	Cost	Food Units
Savory Meat Casserole (1 lb.)	$	1,412
Potatoes		600
Lettuce		50
Bread and Butter		600
Cherry Pudding		1,640
Custard Sauce		664
Total Dinner	$	4,966
Total for Day		9,735
Per Day per Person		2,434

BREAKFAST

Tuesday **Lesson 221**

BERRIES OR OTHER FRESH FRUIT
FRIZZLED BEEF TOAST
COFFEE

Frizzled Beef

Break ¼ pound dried beef into small pieces. Melt 2 T butter in a frying pan, add the beef and stir until the sides curl up. Serve at once.

Preparing the Meal

Prepare the fruit, arrange in dishes, sweeten and serve. Break the dried beef into small pieces, make the coffee and while cooking make the toast. Butter the toast, set in the oven to keep warm until needed, and prepare the frizzled beef. Keep all warm while the fruit is being eaten, then serve the breakfast.

Tuesday Breakfast—	Cost	Food Units
Berries	$	200
Frizzled Beef		477
Toast and Butter		600
Coffee		...
Cream for Fruit and Coffee		400
Sugar for Fruit and Coffee		233
Total Breakfast	$	1,910

LUNCHEON OR SUPPER

Tuesday **Lesson 222**

INDIVIDUAL BEEF ROLLS
CRESS AND ORANGE SALAD BREAD AND BUTTER
TEA

Individual Beef Rolls

Grind 1 pound of round steak, shape into round cakes and broil them. While they are cooking melt 2 T butter in a pan, add 2 T flour, and when well blended add 1 c milk and stir until boiling. Add 1 T dry horseradish or 2 T horseradish pressed from the vinegar and ½ t salt. Pour

this mixture into the platter, arrange the meat cakes in it and serve.

Cress and Orange Salad

Wash thoroughly and separate into small pieces a small bunch of water cress. Peel two oranges, separate into sections and cut each section into thirds. Add to the cress ½ c salad dressing, mix thoroughly and serve very cold on a lettuce leaf.

Preparing the Meal

About ½ h before luncheon time make the salad and set in a cold place until needed. Grind the round steak and prepare the beef rolls. While cooking make the sauce for the meat. Cut the bread and butter and place on the table. Make the tea and serve the luncheon.

Tuesday Luncheon—	Cost	Food Units
Beef Rolls	$	1,250
Cress and Orange Salad		425
Bread and Butter		600
Tea and Sugar		156
Total Luncheon	$	2,431

DINNER

Tuesday **Lesson 223**

ROAST MUTTON
BAKED SAVORY RICE SCALLOPED CORN
MINT PUNCH
PINEAPPLE FANCY

Roast Mutton

Dredge with flour in the roasting pan and place in a hot oven. After 15 or 20 m lower the temperature, add seasoning and baste with the drippings occasionally. Cook for 2½ to 3 h, according to size.

Baked Savory Rice

Blanch 1 c rice, drain, rinse with cold water, cover with 1 qt. boiling water and return to the fire. Add 1 t salt, juice of 1 lemon and cook for 15 m, stirring occasionally. Add ¼ c butter creamed with 1 T curry powder, turn into a baking dish and bake until tender.

Reserve ½ c cooked rice for use Thursday morning.

Scalloped Corn

With a sharp knife cut through the center of each row of grains on 6 medium sized ears of corn and scrape the pulp

from the cob. Put a layer of the corn in the bottom of a buttered baking dish, cover with a layer of cracker or bread crumbs, add ½ t salt, ⅛ t pepper and 1 T butter, sprinkled in dots over the crumbs. Then add another layer of corn, then crumbs and seasonings, having the last layer crumbs. Pour milk over all until it comes to the top of the crumbs. Bake in a moderate oven about ½ h, or until the corn is cooked. Canned corn may be used in the same way.

Mint Punch

Wash 3 bunches of mint thoroughly, chop fine, cover with 1 qt. boiling water and steep ½ h. To the juice of 2 lemons add ¾ c sugar, stir well, then strain into it the water from the mint. Color with leaf green and serve very cold or frozen to a mush.

Pineapple Fancy

Whip 1 pt. of cream until stiff, add ¼ c powdered sugar, ¾ c fresh or canned pineapple cut into small pieces, ½ c peach, either fresh or canned. Mix well and serve on rounds of angel or sponge cake, or by itself in sherbet glasses.

Preparing the Meal

About 3 h before dinner prepare the roast and place in the oven. At this time also make the mint punch and whip the cream for the dessert so that they may be thoroughly chilled.

One h before dinner blanch the rice and start to cooking. Also prepare the corn, then finish the rice and place both rice and corn in the oven. While they are cooking finish the dessert, put out into sherbet cups, if served without cake, and set in a cool place until needed. Cut the bread and butter and place on the table, also put the punch in a small punch bowl or glasses. Put the roast on a warm platter and serve the rice and corn in the dishes in which they were baked.

Tuesday Dinner—	Cost	Food Units
Roast Mutton (2 lbs.)	$	1,932
Baked Savory Rice		532
Scalloped Corn		750
Mint Punch		842
Pineapple Fancy		597
Bread and Butter		600
Total Dinner	$	4,713
Total for Day		9,054
Per Day per Person		2,263

BREAKFAST

Wednesday **Lesson 225**

GRAPENUTS WITH SLICED BANANAS AND CREAM
BAKED EGGS TOAST
COFFEE

Baked Eggs

Butter the inside of 4 earthen ramikins, into each slip an egg, season with salt and pepper and set in a warm oven until the whites are firm.

Preparing the Meal

Prepare the baked eggs and set in a slow oven, then make the coffee and toast. When the latter is done place in the oven until ready to serve. Fill the cereal bowls with 4 T grapenuts, over the top of each slice ½ banana. Serve the cereal, then the eggs, toast and coffee.

If not possible to buy brown bread, make immediately after breakfast, steaming first, then finishing in the oven while preparing the luncheon. See p. 31.

WEDNESDAY BREAKFAST—	COST	FOOD UNITS
Grapenuts	$	50
Sliced Bananas		200
Baked Eggs		500
Toast and Butter		600
Coffee		...
Cream for Cereal and Coffee		400
Sugar for Cereal and Coffee		233
Total Breakfast	$	1,983

LUNCHEON OR SUPPER.

Wednesday **Lesson 226**

MUTTON AND TOMATO PIE
BREAD AND BUTTER
BLUEBERRY TARTS ICED CHOCOLATE

Mutton and Tomato Pie

Cover the bottom of a buttered baking dish with bread crumbs, over this a layer of sliced tomatoes, then slices of cold roast mutton. Season with ½ t salt and dash of pepper, also dot with 1 T butter. Over this spread another layer of crumbs, then tomatoes, then meat, then another layer of tomatoes for the top. Season as before with salt, pepper and butter. Bake in a moderate oven ¾ h and serve at once.

Blueberry Tarts

Follow directions given on p. 130 for plain pastry—1½ c flour, ¼ t salt, ¼ t baking powder and ⅓ c shortening.

Into each tart put 2 T of a mixture made of ½ c blueberries, ¼ c sugar, 1 t vinegar and ½ T flour. Bake in a moderately hot oven until the crust is brown and crisp.

Iced Chocolate

Melt an ounce square of chocolate, or use 2 T grated, add 2 T sugar, 1 t cornstarch and ⅛ t salt, well mixed, stir in 1 c boiling water and boil for 5 m; add 3 c milk scalded in a double boiler and beat well with a whisk or egg beater. Let cool and serve ice cold.

Preparing the Meal

About 1¼ h before luncheon make the chocolate and set aside to cool, then make the pastry, using part for the custard pie for dinner and the rest for the tarts. Finish the pie and tarts and set in a cool place until ready to bake. Now scrub well 4 potatoes and put in the oven to bake. These are to be used for the salad at night. Now prepare the mutton and tomato pie and put into oven, also put the pie and tarts in the oven. Five m before the mutton pie is done cut the bread and butter and place on the table, then serve the rest of the luncheon. Immediately after luncheon prepare the Moulded Salmon for dinner.

Wednesday Luncheon—	Cost	Food Units
Mutton and Tomato Pie	$	1,241
Bread and Butter		600
Blue Berry Tarts		897
Iced Chocolate		832
Total Luncheon		3,570

DINNER

Wednesday **Lesson 227**

MOULDED SALMON BAKED POTATO SALAD
CRESS BROWN BREAD AND BUTTER
COCOANUT CUSTARD PIE

Moulded Salmon

Remove salmon from 1 can, rinse thoroughly with hot water, drain and separate into flakes. Cover ¾ T granulated gelatine with 2 T cold water and soak 15 m or longer.

Mix well together in the upper part of double boiler ½ T salt, 1½ T sugar, ½ T flour, 1 t mustard, few grains cayenne, then add the yolks of 2 eggs, 1½ T melted butter, ¾ c milk and ¼ c vinegar. Stir all together and cook over hot water until the mixture thickens. It should be stirred constantly while cooking. Now add the soaked gelatine, stir until dissolved, then strain and add to the flaked salmon. Fill individual moulds, chill and serve.

Baked Potato Salad

Peel 4 baked potatoes, while warm if possible, and cut in small cubes. Add 1 small cucumber, ½ onion and 1 stalk celery or radish chopped fine. Add ¼ c nut meats, cover with salad dressing (p. 29), mix all well together and set away in a cool place until needed. If the salad is mixed while the potatoes are warm the flavors seem to blend much better than when the ingredients are all cold. (Boiled potatoes may be used.)

Cocoanut Custard Pie

Beat 3 whole eggs and 1 yolk until light, add ½ t salt and ⅔ c sugar and beat again. Add 1 c grated cocoanut and 2½ c milk, mix all well together, turn into a deep pie plate lined with paste and bake until the custard is set. Beat the white of 1 egg until stiff, add 1 T sugar, beat well, spread on the top of the pie and brown in the oven to a delicate brown.

Preparing the Meal

If the Moulded Salmon and Baked Potato Salad have been made immediately after lunch the pie made with other things during the preparation of lunch 10 m before dinner time will be time enough to cut the bread and butter, unmould the salmon onto plates garnished with cress, serve the salad on salad plates, cut the brown bread, fill the water glasses and serve the dinner.

Wednesday Dinner—	Cost	Food Units
Moulded Salmon	$	1,065
Baked Potato Salad		1,068
Cress		50
Bread and Butter		600
Cocoanut Custard Pie		1,835
Total Dinner	$	4,618
Total for Day		10,171
Per Day per Person		2,542

BREAKFAST

Thursday **Lesson 228**

FRUIT
RICE AND CHEESE RAREBIT ON TOAST
COFFEE

Fruit

Serve any fresh fruit convenient and desired, such as berries, sliced bananas, oranges, grapefruit, etc.

Rice Rarebit

Melt 1 T butter, add 1 T flour, ½ t salt, 1 t mustard, ¼ t paprika, and when well blended add slowly 1 c milk. Cook, stirring constantly until creamy, then add ½ c cheese cut into small pieces. When melted add ½ c cooked rice. Heat thoroughly and serve on hot buttered toast or wafers.

Preparing the Meal

Prepare the rice and cheese rarebit, and while cooking make the coffee and toast, and then prepare the fruit. Serve the fruit, then the rarebit, toast and coffee.

THURSDAY BREAKFAST—	COST	FOOD UNITS
Oranges	$	150
Rice Rarebit		808
Toast		300
Coffee		...
Cream for Coffee		200
Sugar for Fruit and Coffee		233
Total Breakfast	$	1,791

LUNCHEON OR SUPPER

Thursday **Lesson 229**

TOMATO, CUCUMBER AND WALNUT SALAD
SALMON JELLY SANDWICHES
TEA CAKES MILK

Tomato, Cucumber and Walnut Salad

Cut ½ cucumber into ¼ in. cubes, let stand in cold salt water to crisp. Cut a slice from the stem end of each of 4 peeled tomatoes. Scoop out the interior pulp, keeping the pieces as solid as possible. Add the cucumbers, ½ c walnut meats cut into small pieces and the tomato pulp. Cover with salad dressing and fill the tomato shells, the interior of which has been sprinkled with salt.

In season celery substituted for cucumber improves this salad.

Salmon Jelly Sandwiches

Spread thinly sliced pieces of bread with butter, cover with thin slices of the moulded salmon left from the preceding day, cover with another slice of bread, press well together, cut off the crusts, and cut into diamond or triangle shapes.

"Lightning" Tea Cakes

Place the flour sifter in the mixing bowl and put in it 1½ c flour, ¾ c fine granulated or powdered sugar, 2 t baking powder, ½ t salt. Sift into the bowl.

In the measuring cup, melt ¼ c butter (or oleo), break in 2 eggs, fill up the cup with milk. Add ½ t flavoring extract or saltspoon of spice. Mix with the dry ingredients and beat well two or three m. Bake in greased muffin tins in quick oven 15 m or till done.

VARIATIONS: Add 2 T cocoa, or an ounce of melted chocolate. Use brown sugar in place of white and season with spice or use melted maple sugar.

Preparing the Meal

About ¾ h before luncheon time make the salad and mix the tea cakes. While they are baking, prepare the sandwiches and place on the table. Serve the salad on individual plates, fill the glasses with milk, put the tea cakes on the side table.

Make the sherbet for dinner, then slice the cucumbers and cover with salted ice water.

THURSDAY LUNCHEON—	COST	FOOD UNITS
Tomato, Cucumber and Nut Salad	$	712
Salmon Jelly Sandwiches		600
Milk		400
Tea Cakes (½ Recipe)		1,624
Total Luncheon	$	3,336

DINNER

Thursday **Lesson 230**

BROILED PORTERHOUSE
BOILED POTATOES CORN ON THE COB
SLICED CUCUMBERS
RASPBERRY SHERBET TEA CAKES

Broiled Porterhouse

Follow directions given on p. 14 for Broiled Beefsteak.

Corn on the Cob

Carefully remove the husks and all silk from 6 ears of corn. Cover with boiling *unsalted* water and cook 10 m or until tender. Very young, tender corn needs very little cooking, while the older corn will sometimes require from 15 to 20 m. If salt is added to the water, the corn turns a deep yellow color.

Sliced Cucumbers

Cut off the ends and pare rather thickly two medium sized cucumbers. Slice very thin and cover with ice cold salted water. Let stand ½ h or longer in the cold water. The slices will then be very crisp and fresh. Serve with oil and vinegar, salt and pepper, or omit the oil, as desired.

Note.—Cucumbers are made more digestible by salting and covering with boiling water. Let stand 2 m, then pour off and cover with cold salted water.

Raspberry Sherbet

Make a syrup of 1 c sugar and 2 c water, boiling 10 m. Crush together 2 c raspberries and ½ c currants. Soak 1 t granulated gelatin in 2 T cold water 10 m, then dissolve over hot water. Add the fruit and dissolved gelatin to the syrup, ¼ c of which has been reserved. Mix all well together and freeze, using equal portions salt and ice. When half frozen, open the can, taking care that no salt gets into the sherbet, and add a meringue made by beating the white of 1 egg until light and then add ¼ c syrup to it. This meringue seems to make the grain of the sherbet finer and the gelatin prevents its ready dissolution. Finish freezing, pack in salt and ice and let stand several hours.

Preparing the Meal

Immediately after luncheon, or in the morning, make the sherbet, freeze and pack. Also pare and slice the cucumbers and set away in salted ice water until needed. The long standing will have no injurious effect, but will merely make them more crisp and palatable. About ½ h before dinner time, wash and scrape the potatoes and put on the stove to boil. Also prepare the corn for cooking and

put on the stove 10 m before serving. Corn should be served at once when done, as it deteriorates very rapidly when allowed to stand. If impossible to serve at once, remove from the water and keep warm in a dry place. Now broil the porterhouse and while that is cooking put the cucumbers onto salad plates, cut the bread and butter, fill the water glasses and put all on the table. Drain the potatoes and corn, and put into serving dishes, place the steak on a hot platter and serve the dinner.

THURSDAY DINNER—	COST	FOOD UNITS
Porterhouse Steak (1 lb.)	$	1,200
Boiled Potatoes		600
Corn on Cob		400
Sliced Cucumbers		50
Raspberry Sherbet		1,221
Tea Cakes		812
Bread and Butter		600
Total Dinner	$	4,883
Total for Day	$	10,010
Per Day per Person		2,502

BREAKFAST

Friday **Lesson 231**

MOULDED CREAM OF WHEAT
WITH FRESH FRUIT
CORN FRITTERS SYRUP
COFFEE

Moulded Cream of Wheat

Cook Cream of Wheat according to directions on p. 17, the day before needed, pour into moulds, and serve with raspberries, currants, bananas, etc.

Corn Fritters

To 1 c grated corn pulp add ½ c cracker or bread crumbs, or enough to hold the mixture together. Add ¼ t baking powder, ½ t salt, and a dash of pepper. Drop from a teaspoon into hot, deep fat. Fry until golden brown in color; drain on soft paper, and serve.

Preparing the Meal

Prepare the corn fritter mixture, then make the coffee, having the fat for frying the fritters heating in the meantime. Turn out the cereal from the moulds, cover with fresh fruit, then fry the fritters and keep in a warm place until ready to serve. Serve the cereal, then the fritters, syrup, and coffee.

Immediately after breakfast, prepare the Pineapple Trifle and cook the eggs for the salad for lunch.

Friday Breakfast—	Cost	Food Units
Moulded Cream of Wheat	$	316
Fresh Raspberries		200
Corn Fritters		350
Syrup		1,056
Coffee		...
Cream for Cereal and Coffee		400
Sugar for Cereal and Coffee		233
Total Breakfast	$	2,555

LUNCHEON OR SUPPER

Friday **Lesson 232**

EGG AND CHEESE SALAD
BREAD AND BUTTER SANDWICHES
PINEAPPLE TRIFLE

Egg and Cheese Salad

Grate enough dry cheese to make ¾ c, and cook 6 eggs hard. In the bottom of a baking dish put a layer of hard cooked eggs, sliced. Cover with grated cheese, then another layer of eggs, then cheese, etc., until the ingredients have all been used. Sprinkle ¼ c finely chopped sweet pickles over the top, and cover with salad dressing.

Pineapple Trifle

Pare and cut into cubes 1 small pineapple, and sprinkle with ½ c sugar. In the bottom of a dish arrange a layer of pineapple; over this place a layer of cake crumbs, then another layer of fruit, and so on until the fruit is used. Have the top layer fruit. Set away in a cool place until ready to serve. This dish should be made several hours before serving, so that the cake will thoroughly take up the pineapple flavor. Use the cakes left from tea cakes the day before.

Preparing the Meal

Prepare the Pineapple Trifle for luncheon immediately after breakfast. Also at this time cook the eggs for the salad. Ten m before lunch time grate the cheese and make the salad; make the bread and butter sandwiches; fill the water glasses, put the pineapple trifle on plates and serve the luncheon.

Immediately after lunch prepare the Iced Peaches for dinner, taking care that they are well covered with wax

paper so that they will not become discolored before serving. Also scald and peel the tomatoes.

Friday Luncheon—	Cost	Food Units
Egg and Cheese Salad	$	1,200
Bread and Butter		600
Pineapple Trifle		1,134
Total Luncheon	$	2,934

DINNER

Friday **Lesson 233**

BAKED CODFISH IN CREAM
MASHED POTATOES STRING BEANS IN BUTTER SAUCE
SLICED TOMATOES
ICED PEACHES STUFFED WITH NUTS

Baked Codfish in Cream

Soak 1 pound salt codfish over night; in the morning drain, cover with boiling water, and parboil 20 m. In a saucepan melt 2 T butter, add 2 T flour, and when well blended add slowly 2 c milk. Cook, stirring constantly, until the mixture thickens, then remove from the fire. Drain the codfish, put in a baking dish, cover with the sauce just made, and bake in a slow oven until tender, about ½ h. In this case soak codfish all day, cooking it at night for dinner.

Sliced Tomatoes

Cover 3 medium sized tomatoes with boiling water, let stand a few minutes, drain, and with the tips of the fingers slip off the skins. Set away in a cold place and when thoroughly chilled cut into slices with a sharp knife, about ¼ inch thick. Arrange on salad plates and serve either with oil and vinegar, salad dressing, or vinegar and sugar, as desired.

String Beans

Wash 3 pt beans thoroughly, break off the ends, at the same time drawing them down the side of the bean to remove all "strings." Break into inch lengths, cover with boiling water, boil a few minutes, drain, again cover with boiling water, and cook until tender, from 20 to 60 m, depending upon the age of the beans. Drain, reserve 2 c, add 1 t salt, 2 T butter to the rest, and shake over the fire until the butter is melted, then serve.

Iced Peaches Stuffed with Nuts

Cover 2 good sized peaches with boiling water. Let stand

a few m and slip off the skins. Then thoroughly chill. When cold, cut in two, remove the stones, and fill with a mixture made of ¼ c each walnuts and almonds chopped fine, to which ¼ c powdered sugar, 1 t lemon juice, and 1 T grape juice have been added. Place the filled peaches on a platter, thoroughly cover with waxed paper to prevent discoloration, and set in a cold place until ready to serve. Serve a half peach covered with whipped cream to each person.

Preparing the Meal

About 1 h before dinner time wash the beans and after breaking into inch lengths put on to cook. Then wash and scrape 4 medium sized potatoes and cover with cold water until ready to cook. Parboil the codfish, which has been soaking all day, and while that is cooking make the cream sauce. Drain codfish and prepare for the oven; then put the potatoes on to cook. Now whip the cream for the peaches, and then slice the tomatoes peeled immediately after luncheon, and place the latter on the table. Arrange the peaches previously stuffed on serving dishes, cover with whipped cream, and set in a cool place until ready to serve. Drain and mash the potatoes, drain the string beans, reserving a portion for salads, add the seasonings, then remove the codfish from the oven, put the bread and butter on the table, fill the water glasses, and serve the dinner.

Friday Dinner—	Cost	Food Units
Baked Codfish in Cream	$	1,050
Mashed Potatoes		700
String Beans		300
Sliced Tomatoes		75
Iced Peaches Stuffed		730
Bread and Butter		600
Total Dinner	$	3,455
Total for Day		8,944
Per Day per Person		2,272

BREAKFAST

Saturday **Lesson 234**

PUFFED RICE CREAM AND SUGAR
CODFISH PUFFS CREAM SAUCE
BREAD AND BUTTER COFFEE

Codfish Puffs

To ½ c cooked codfish, broken into small pieces, add 1 c mashed potatoes, the yolk of 1 egg, ¼ c flour, ½ t baking

powder, and ¼ t pepper. Mix well together, then add the stiffly beaten white of the egg. Drop from the tip of a spoon into hot fat, and fry until golden brown in color.

Preparing the Meal

Prepare the codfish puffs, then make the coffee. While the latter is cooking, make the cream sauce (Medium White Sauce), having the fat for the puffs heating in the meantime. Cut the bread and butter, fill the cream pitcher, half fill the cereal bowls with puffed rice, and place all on the table. Then fry the puffs. Serve the cereal, then the codfish puffs, bread and butter and coffee.

Saturday Breakfast—	Cost	Food Units
Puffed Rice	$	730
Codfish Puffs		300
Bread and Butter		600
Coffee		...
Cream for Cereal and Coffee		400
Sugar for Cereal and Coffee		233
Total Breakfast	$	2,263

SATURDAY MORNING BAKING

Baked Custard

Four eggs beaten slightly, 1½ c sugar, ¼ t salt, 1 qt milk; bake slowly in cups set in a pan of hot water, p. 26.

Sponge Cake

Separate the yolks and whites of 4 eggs, and beat the whites until stiff. Make a syrup of 1½ c sugar and ½ c water, boiling a very few minutes, and add slowly to the egg whites, stirring all the time. Beat the yolks of the eggs until thick and lemon colored and add to the white mixture, carefully folding them in. Now sift 2 c pastry flour with 1 t baking powder, twice, and fold into the egg mixture. Add ¼ t almond extract, and 1 t vanilla, or ½ t each vanilla and lemon. Turn into an angel cake pan, if available, if not a square pan and bake in a slow oven until the cake shrinks away from the sides of the pan and is golden brown in color.

Oatmeal Cookies

Cream ½ c butter and ½ c sugar well together, add 1 T milk, 2 well beaten eggs, ¼ c raisins, chopped and dredged with flour, and 2 c oatmeal. Mix all thoroughly, then add 2 c flour mixed and sifted with ½ t cinnamon, ¼ t soda. Roll out on a floured board until about ¼ inch thick; cut and bake in a moderate oven.

Cream of Fruits

Soak 2 T granulated gelatin in ¼ c cold water for ½ h, then dissolve in ¼ c hot milk. Add 1 c sugar, and 1 c fresh fruit cut into pieces. Beat the whites of two eggs stiff, and whip 1 c cream, mix the two, and when the gelatin mixture cools, pour into the cream. Turn into a mould and chill. Serve very cold. Peach, apricot, pineapple, berries, etc., alone, or in combinations; fresh, canned, or dried fruit may be used.

Method of Work

Make Baked Custard. Put gelatin to soak for Cream of Fruits. Make Sponge Cake, and while baking dissolve gelatin and set to cool; then make Oatmeal Cookies, and bake as soon as cake is done. Finish making the Cream of Fruits. If desired, frost the cake, using the white of 1 egg, and use the yolk with the yolks of 2 eggs left from the Cream of Fruits to make the boiled salad dressing, p. 29. Or the 2 yolks may replace 1 egg in the Baked Custard.

Clean and cut up the chicken for Sunday Dinner and set aside in cool place.

LUNCHEON

Saturday **Lesson 235**

STRING BEAN SALAD BAKED TOMATOES
BREAD AND BUTTER
BAKED CUSTARD

String Bean Salad

To 1 c cooked string beans add 2 hard cooked eggs sliced, ¼ c nut meats, ¼ c chopped sweet pickles and ¼ t salt. Cover with salad dressing and serve on lettuce leaf.

Baked Tomatoes

Cut a slice from the end of each of 4 tomatoes, and scoop out the pulp, taking care that the outer shell remains firm and retains its shape well. Season the pulp with 1 t salt, ¼ t pepper, ¼ t onion juice, add ½ c bread crumbs and 2 T melted butter. Mix all well together, return to the shells and bake ½ h or until tender in a moderate oven.

Preparing the Meal

About 40 m before luncheon time prepare the tomatoes and place in the oven. Then make the string bean salad

from the beans left from Friday dinner; cook the eggs for it while preparing the tomatoes. Mix the salad and set in a cold place until ready to serve. Ten m before luncheon cut the bread and butter, serve the custard baked in the morning, fill the glasses, serve the salad, and place all on the table. Remove the tomatoes from the oven, and serve the luncheon.

Saturday Luncheon—	Cost	Food Units
String Bean Salad	$	625
Baked Tomatoes		450
Bread and Butter		600
Baked Custard		1,328
Total Luncheon	$	2,703

DINNER

Saturday **Lesson 236**

SCALLOPED HAM POTATOES
BAKED GREEN PEAS
CREAM OF FRUITS SPONGE CAKE

Scalloped Ham

Cut 4 potatoes into thin slices. Chop finely 1 onion, 2 carrots, and 1 bunch parsley. Cover the bottom of a buttered baking dish with a layer of potatoes, over this a layer of the mixed chopped vegetables. Season with salt and pepper, then add a ½-pound slice of ham cut into 3 or 4 pieces. Proceed as before, using another slice of ham for the top. Add 2 c milk, and bake in a slow oven for 1½ h.

Baked Green Peas

Shell 2 qts green peas, place in a small baking dish, cover with water, and bake slowly 30 m, letting the water cook down; then add 2 t flour mixed in ½ c cream or milk, ½ t salt and a little pepper. Bake 10 m more. Serve in the baking dish.

Preparing the Meal

About 1¾ h before dinner time, prepare the scalloped ham and place in the oven. Prepare the baked peas and put in the oven ¾ h before dinner. Fifteen m before dinner season the peas, first reserving ½ c for the Salamagundi Salad. Cut the cake made in the morning, also serve the Cream of Fruits, keeping in a cool place until ready to use. Fill the water glasses, and serve the dinner.

Saturday Dinner—	Cost	Food Units
Scalloped Ham (1 lb.)	$	1,903
Potatoes		600
Baked Green Peas		450
Cream of Fruits		1,710
Cake (¼ Recipe)		696
Bread and Butter		600
Total Dinner	$	5,959
Total for Day		10,925
Per Day per Person		2,756

BREAKFAST

Sunday **Lesson 237**

FRESH FRUIT
SOFT COOKED EGGS TOAST
COFFEE OATMEAL COOKIES

Soft Cooked Eggs

Heat a quart of water to boiling, move from the source of heat, lower in 4 eggs gently, cover and let stand 8 to 10 m. See p. 10.

Preparing the Meal

Prepare the fruit, whatever may be available, berries, pineapple, bananas, etc., and place on the table. Start the eggs to cooking, then make the coffee and toast. Put some cookies on the table, and serve the breakfast, first the fruit, then the eggs, toast and coffee.

Immediately after breakfast make the Peach Parfait for dinner, mould, seal and pack; then the Salamagundi Salad.

Sunday Breakfast—	Cost	Food Units
Two Bananas	$	200
Eggs soft cooked		400
Toast and Butter		600
Cream for Fruit and Coffee		400
Sugar for Fruit and Coffee		233
Oatmeal Cookies (1/6 Recipe)		478
Total Breakfast	$	2,311

DINNER

Sunday **Lesson 238**

SMOTHERED CHICKEN NEW POTATOES
SALAMAGUNDI SALAD
PEACH PARFAIT CAKE

Smothered Chicken

Cut a tender fowl into pieces for serving, spread with 2 T butter, sprinkle with salt and pepper, and arrange in a stewpan. Add 1 c boiling water, cover, and cook slowly until the chicken is tender. For a young fowl, 1 h will be

ample. Longer time will be required for an old one. Add 1 c cream and 2 c fresh mushrooms cut into small pieces. Recover, cook 10 m longer, thicken the gravy with a roux made of 1 T butter and 1½ T flour, and cook 3 m, stirring all the time. Serve at once.

Salamagundi Salad

In the bottom of small moulds, or one large mould, place a layer of bottled "pearl onions." Line the sides of the moulds with alternate strips of red and green sweet peppers or pimentoes and green string beans. Over the pearl onions place a layer of sliced tomatoes, then string beans, then a few cooked peas, with sliced tomatoes on top. Soak 2 T granulated gelatin in ¼ c cold water, dissolve in 1¼ c boiling water, add 6 T lemon juice, and ½ c sugar. Mix all well together, and pour over the salad, until it comes to the top of the moulds. Set away in a cold place until well set, chill, then turn out of the moulds, and serve. Asparagus may be used instead of the beans, and other substitutes may be made if desired.

Peach Parfait

Slice thinly enough peaches to make ¾ c, and cover with ½ c sugar. Cook ½ c sugar and 2 T water to the thread stage, and pour onto the stiffly beaten whites of 2 eggs, beating well all the time. While this is cooling whip 1 c cream stiff, then press the peaches through a sieve, and add to the egg mixture, together with the juice of ½ lemon. Fold in the whipped cream, turn into a mould, seal, and bury in equal portions of salt and chopped ice. Let stand for 3 or 4 h.

Preparing the Meal

About 1½ h before dinner put the chicken prepared the previous day on to cook. Also at this time scrape the new potatoes and cover with cold water until time to cook. Half an hour before dinner cook the potatoes, and 10 m before dinner cut the bread and butter, unmould the Salamagundi Salad made in the morning, fill the glasses, and place on the table. Cut the cake and place on a side table until needed. Serve the dinner.

SUNDAY DINNER—	COST	FOOD UNITS
Smothered Chicken (1½ lbs.)		1,068
New Potatoes		600
Salamagundi Salad		778
Peach Parfait		1,554
Cake		696
Bread and Butter		600
Total Dinner	$	5,296

SUPPER

Sunday **Lesson 239**

CLUB SANDWICHES

RASPBERRIES AND CREAM

Club Sandwiches

On pieces of hot buttered toast arrange slices of broiled bacon. Over this place slices of cold cooked chicken, and over the chicken spread salad dressing. Cover with another piece of toast, and serve.

Raspberries

Wash and stem the berries, cover with sugar, and serve with cream.

Preparing the Meal

About 15 m before supper, broil 8 thin slices of bacon, and while cooking make 8 slices of toast. Prepare the berries and place on the table, then finish making the sandwiches, and serve the supper.

SUNDAY SUPPER—	COST	FOOD UNITS
Club Sandwiches		1,412
Red Raspberries and Sugar		728
Cream for Berries		200
Total Supper	$	2,340
Total for Day		9,947
Per Day per Person		2,487

JULY MENUS—COST AND FOOD VALUES—FOUR PERSONS

SUMMARY—	COST	FOOD UNITS
Monday—Total	$	9,735
Tuesday—Total		9,054
Wednesday—Total		10,171
Thursday—Total		10,010
Friday—Total		8,944
Saturday—Total		10,925
Sunday—Total		9,947
TOTAL FOR WEEK (4)	$	68,786
TOTAL FOR WEEK (1)		17,196
AVERAGE PER DAY PER PERSON		2,456

CHILD'S FOURTH OF JULY PARTY

Lesson 240

SALMON CROQUETTES
NEW POTATO BALLS IN CREAM RED RADISHES
RED BEETS
HOT ROLLS
RASPBERRY, PINEAPPLE, AND PLUM SALAD
WITH
LEMON CREAM SAUCE
STRAWBERRY ICE CREAM COOKIES
TORPEDO CANDIES

Colors—Red, White and Blue

Table Decorations—Flag napkins may be used, and an eagle with flags crossed at each side of it for a center decoration.

Salmon Croquettes

Remove skin and bones from 1 large can of salmon, break into small pieces. Add to 1 c Thick White Sauce, with 1 t salt, few grains cayenne, 1 t lemon juice, shape and cool. When ready to fry, egg and crumb and fry in deep fat to a delicate brown. In this case shape as firecrackers, sticking a piece of spaghetti in one end to simulate the fuse.

Raspberry, Pineapple and Plum Salad

Wash and hull 1 c red raspberries, add ½ c pineapple cut into cubes, and 1 c red plums cut into quarters. Cover with Lemon Cream Sauce.

Lemon Cream Sauce

To ½ c cream, whipped, add 4 T sugar and 3 T lemon juice. See p. 99. Mix and pour over the salad.

Strawberry Ice Cream

See p. 350, using preserved fruit, since the fresh is unobtainable at this time. Red raspberries might be substituted.

Lemon Cookies

Cream 1 c butter, add 2 c sugar, and cream well. Add the grated rind and juice of 1 lemon, yolks of 3 eggs beaten well, whites of 3 eggs beaten stiff, about 5¼ c flour. Mix all well, and, if there is time, chill the dough before rolling out. Toss onto a floured board and roll very thin, cut with

cooky cutter, and bake in a moderate oven until golden brown in color.

In this case color part of the dough red and make the cookies in red and white stripes put together, and cut in star shapes if possible; then frost with colored frosting.

Torpedo Candies

For Torpedoes use Wilbur's Chocolate Buds.

Preparing the Menu

In the morning prepare the dough for the rolls, then prepare and mould the croquettes, and set in a cold place. Make the Strawberry Ice Cream and when frozen pack and let stand until needed. Work down the bread dough and set to rise again, then make the cookies, and while baking prepare the fruit for the salad, and also make the Lemon Cream Sauce. Mix the fruit and let stand until ready to serve, then add the Cream Sauce. Knead the dough, shape the biscuits, and set to rise. Scrape the new potatoes and with a vegetable cutter cut into balls, and let stand in cold water until ready to cook. If possible, cut the radishes and pickled beets into stars. Mould the butter in some fancy shape. A flag or cannon ball would be very appropriate. By this time the rolls are ready to be baked, and should be put in the oven.

About ½ h before serving time heat the fat for the croquettes, then put the potato balls on to cook. Fry the croquettes, draining them on soft paper. Make 1 c Medium White Sauce for the Potato Balls, then put the Lemon Cream Sauce on the Salad, and put out in sherbet cups. Keep in a cool place until needed. If necessary, reheat the rolls before serving, or retard rising by setting in a cold place and bake just in time for serving.

Serve the croquettes, potato balls, radishes, beets, and hot rolls, then the salad, then the ice cream, moulded with a round scoop to represent cannon balls, cookies and candies.

THE PICNIC LUNCH BASKET

The picnic lunch basket affords an opportunity for a display of one's ingenuity in planning appetizing menus. The fact that food must be in such form that it may easily be carried limits the list somewhat, but notwithstanding this drawback many delicious things may be provided. Since

there is usually no way of keeping food hot, such as are not deteriorated by cold are selected.

Among the suitable meats may be mentioned fried chicken, veal loaf, beef loaf, sliced corned beef, cold boiled ham, sliced roast pork, beef or veal, cold boiled eggs, pork and beans, etc.

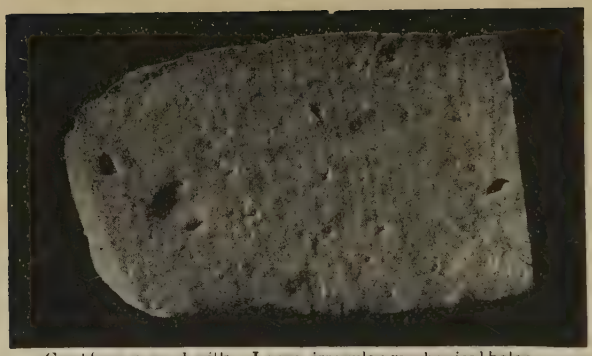
Then there are a number of good yet easily prepared salads, which are always acceptable, such as potato, salmon, eggs, stuffed eggs, shrimp and celery, beet and potato, combination, cold slaw, pickles, etc.

The breads furnish a large variety, beginning with plain rolls, Parker House rolls, finger rolls, bread sticks, butter rolls, and ending with sandwiches, as Russian, ham, cheese and salted nuts, egg, pimento, nut and cheese, meat, sardines, chicken, lemon butter, date and English walnut, fig and nut, etc.

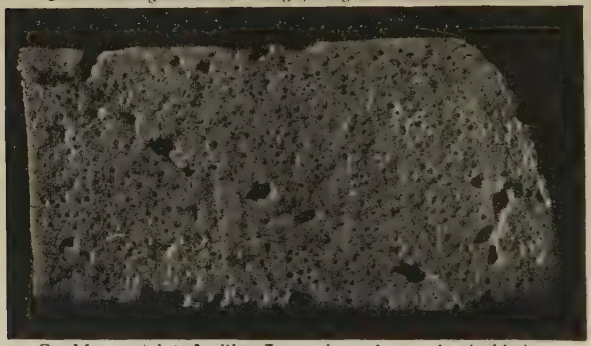
Among the sweets are doughnuts, cookies, oatmeal macaroons, cakes, loaf cake, layer cakes with solid filling, sponge cake, salted nuts, stuffed figs and dates, candies, fruits of all kinds, jellies and jams.

For lemonade, extract the juice of the lemons, add sugar in the proportion of ¼ c to each lemon, put into glass jars or bottles and cover tightly. It is better to make a syrup of the sugar, using just enough hot water to dissolve it, boil about 1 m then add to the juice. A dash of salt is a great improvement. One medium sized lemon will make 1 pint of lemonade or two good sized glasses.

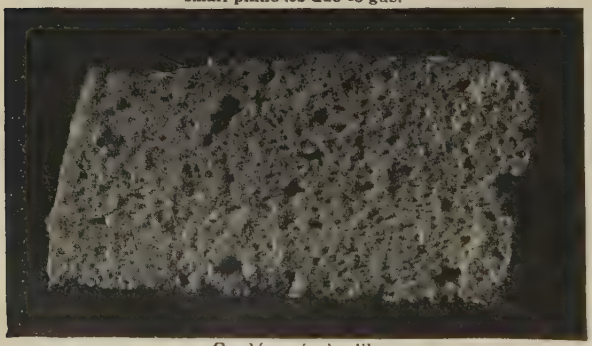
AUGUST MENUS



Curd from a good milk. Large, irregular mechanical holes.



Curd from a tainted milk. Large, irregular mechanical holes; small pinholes due to gas.



Curd from foul milk.

THE WISCONSIN CURD TEST

LESSONS IN COOKING

Part XII

FOOD ADULTERATIONS.

The adulteration of foods should be a subject of great interest to the housekeeper from the economic as well as the food value standpoints.

Adulterations may be classified as follows:—(1) Substitutions, (2) Partial Substitutions, (3) Use of Preservatives, (4) Artificial Coloring, (5) Artificial products, (6) Misbranding.

Substitutions—a different article entirely is offered in place of the genuine, as for instance, the essence of the tonka bean, instead of the vanilla for vanilla extract, peach pits for almonds, horse flesh for beef, cotton seed oil for olive oil, glucose for honey, etc. In each case a cheaper article is offered at the same price of the more expensive. This, then, is simply a matter of deception, making the people pay for something they are not getting.

Partial Substitutions—a part only of the genuine article is replaced by the adulterant, such as chicory and parched grains mixed with coffee, ground nut shells, sawdust, etc., in spices, glucose in place of sugar in jellies, preserves, candies, etc., stems of plants in tea, etc. Here as in total substitutions, the harm lies in the fraud perpetrated, as no injurious effects will result from the use of such articles.

Preservatives, such as salicylic, benzoic acid, boric acids and formaldehyde in canned fruits and vegetables, catsups, mince meats, milk, and meat may have, however, injurious effects on digestion and nutrition, particularly for children and invalids. While it is true that their use has been very largely regulated by the pure food laws, nevertheless in some foods harmful preservatives are still used. If present in large quantities they may be detected by the flavor, but usually the amount used is so small that detection, except by chemical tests, is difficult.

Artificial Coloring is employed as a rule to intensify the natural color of the food product. Examples may be found in the use of copper to make green tea, in coloring pickles, beans, peas, tomatoes, etc., and in the dyes used in fruits, ice cream, confections, etc. The effects are injurious or not according to the dye used. In general the vegetable dyes are less harmful than the aniline dyes but a few of the vegetable coloring matters are injurious and some of the aniline dyes have no effect on digestion.

In artificial products a manufactured article is used in place of the natural one. Fruit flavorings in which nothing but chemicals have been used to obtain the desired flavor, such as banana, peach, strawberry, raspberry, pineapple, etc., are striking examples of artificial products. Commercial glucose made by treating starch with acid, wooden nutmegs and oleomargarine are other examples.

Misbranding is the form of deception practiced most often upon the housekeeper. While the pure food laws have required the proper naming of the article, and the printing of the formula upon the label, the latter is usually done in such a way as to escape the notice of the less observant as it appears in very fine print compared to the name. For example a bottle of vanilla is labelled "Vanilla" in very large type, while the word "Compound" is printed in very small type beneath it. Consequently in purchasing look carefully at the label to be sure *you are getting and paying for what you want as far as you are able to see.*

While many of these substitutions, adulterations, etc., do not lessen the food value of the article, they do decrease its economic value; consequently it is wise for the housekeeper to know some of the methods of adulterations and the tests for their detection.

The following are some of the simpler methods for the detection of adulterations in foods:

To Detect Adulterants in Coffee

1. Shake some ground coffee in cold water. Pure coffee usually floats on the surface, while ordinary adulterants sink; chicory colors the water a brownish red.

To Test Extracts

1. Vanilla

Evaporate a quantity of the extract to about ⅓ its original volume. Add enough water to restore the first volume. The resins which give the flavor will appear as a brown feathery mass which sinks to the bottom or "precipitates." If a precipitate is formed, add a few drops of hydrochloric acid, stir, filter through a small funnel in which filter paper is folded and wash out the acid by pouring water through the filter three or four times. Dissolve the precipitate on the paper with a little alcohol. Divide this into two portions. To one add a piece of ferric alum, and to the other a few drops of hydrochloric acid. If neither produces more than a slight change of color, the pure extract of the vanilla bean was used. If there is a distinct change of color, extracts from other sources are present.

2. Lemon

To a test tube nearly filled with water add 1 t of the extract. If the real lemon is present it will come out of solution and will give a turbid appearance to the solution, and will form an oily layer on the top of the water. If the solution remains clear after diluting with water, very little if any oil of lemon is present.

To Test for Sulphides

1. Wet the sample of meat or other food with water and stir well.

2. Pour into a flask or wide mouth bottle and add small pieces of pure zinc and a little hydrochloric acid. If sulphide preservatives are present the unpleasant odor of hydrogen sulphide will be noticed. To test this dip a piece of filter paper into lead acetate solution and suspend it in the flask. A black color on the paper indicates the presence of hydrogen sulphide.

To Detect Alum in Baking Powder

1. Put some logwood chips in a small agate-ware dish, cover with water, and bring to a boil. Throw the water away. Do this three times, then save the fourth extract.

2. Fill a test tube about half full of water and add 1 t baking powder. Warm it and shake till effervescence

ceases, then add a drop or two of hydrochloric acid to make the solution acid.

3. To this solution add 4 or 5 drops of the logwood extract. A bluish red color indicates the presence of alum. A yellow color shows its absence. Try a small bit of alum dissolved in water with the logwood extract to become familiar with the color.

To Test Ice Cream

1. For glucose:

Add an equal quantity of Fehling's solution to 1 t of the cream to be tested and boil. If a red precipitate appears glucose is present.

2. For starch:

Add a few drops of tincture of iodine. A dark blue color indicates the presence of starch.

3. For gelatine:

To 3 T of ice cream add 6 T of cold water and 3 T of acid mercuric nitrate. Shake vigorously, then let stand 5 minutes. Filter through filter paper. If much gelatine be present, it will be impossible to get a clear solution. Mix a portion of the filtrate with an equal amount of a strong ("saturated") water solution of picric acid. If any gelatine be present a yellow precipitate will be produced immediately.

To Test for Artificial Coloring in Candy and Jellies

1. Place some of the sample in water and boil to dissolve it.

2. Place in this liquid a few pieces of white woolen yarn, and boil for 5 or 10 m, stirring occasionally.

3. Remove the yarn and wash in hot water. If it remains brightly colored, the presence of artificial dyes is shown.

4. To make the test more certain boil the yarn so colored in dilute ammonia for 5 m. The artificial coloring matter will dissolve in ammonia. If this is colored, add hydrochloric acid drop by drop until the solution is acid as tested by blue litmus paper.

5. In this solution now place some fresh white yarn and boil.

6. Remove and wash in water. If the yarn is colored the presence of artificial dyes is proved for certain.

To Test for Preservatives in Milk

1. Formaldehyde:

Place in a test tube 3 T of milk and add an equal volume of concentrated sulphuric or hydrochloric acid, and a piece of iron alum about the size of a pin head. Mix the liquids with a gentle rotary motion.

Place the tube in a dish filled with boiling water and allow to stand 5 m. A purplish color of the mixture shows the presence of formaldehyde.

2. Borax or Boric Acid:

Dissolve ¼ t alum in 1 c water and add ½ c milk. Shake vigorously and filter. Pour a part, about 1 T, of the filtrate into a test tube and add a few drops of concentrated hydrochloric acid.

Dip a piece of turmeric paper into this and dry it *over* a gas flame. Place a drop of strong ammonia on the paper. A cherry red before adding the ammonia and a dark green or greenish black color after, shows the presence of borax or boric acid.

To Test for Oleomargarine

1. Melt a small bit of the sample in a spoon, stirring with a splint of wood. Oleomargarine and renovated butter sputter and boil noisily without producing foam, while real butter boils quietly and produces much foam.

2. Fill a test tube half full of skimmed milk, heat and add 1 teaspoonful of the sample of butter. Stir with a splint until the fat melts. Now place the tube in very cold water or in ice until the fat hardens, stirring all the time. If the sample is oleo, it will harden in one mass and may be lifted out on the splint of wood. If it is butter either fresh or renovated, it solidifies in small particles scattered all through the milk.

To Test for Cottonseed Oil

1. Add 2 or 3 T Halphen Reagent (prepared by the druggist) to an equal volume of the suspected oil in a test tube or small bottle. Heat very carefully to avoid burning in a vessel of boiling salt water made by dissolving 1 T salt in 1 pt. water. Boil 10–15 m. At the end of that time a

distinct reddish color indicates a small amount of cotton seed oil, a dark red color, a large amount of cotton seed oil.

Before making tests always try the method with a small amount of the substance being tested for present, so as to become familiar with the color or precipitate produced.

The chemicals, test tubes, filter paper, etc., required in these tests can be obtained at almost any drug store. An alcohol lamp can be used as a source of heat if gas is not available. Further tests are described in Bulletin No. 100 of the Bureau of Chemistry, U. S. Dept. of Agriculture, which may be obtained by sending 10c (coin) to the Superintendent of Documents, Washington, D. C.

Each State has its own laws in regard to adulteration of foods; the National laws apply only to food products entering into interstate commerce. Send to your State Board of Health or Pure Food Department (at the capitol city) for your local regulations and reports.

AUGUST MENUS

Monday **Lesson 241**

BREAKFAST

MAPLE FLAKE—CREAM AND SUGAR
ORANGE OMELET TOAST
COFFEE

Orange Omelet

Beat the yolks of 4 eggs, add 4 t powdered sugar, 4 T orange juice, ½ t salt, and the grated rind of ½ orange. Beat the whites until stiff and then fold into the yolk mixture. Turn into a hot buttered omelet pan, cook very slowly until browned underneath, then put into the oven to finish cooking. Especial care will have to be taken in cooking this omelet that it does not burn, because the sugar will tend to make it scorch easier.

Preparing the Meal

Prepare the omelet mixture the first thing in the morning, and start to cooking at very low temperature. Set the Maple Flake in the oven to crisp. Make the coffee, then the toast. By this time the omelet is ready to finish in the oven in which the heat has been lowered. Place the butter and cream on the table, and serve the cereal, then the omelet, toast and coffee.

Immediately after breakfast make the rice and cheese croquettes for lunch and set away in a cool place until ready to fry. Also prepare the Marguerites and Iced Tea.

LUNCHEON

Monday **Lesson 242**

RICE AND CHEESE CROQUETTES
WITH
TOMATO SAUCE
BREAD AND BUTTER MARGUERITES
ICED TEA

Rice and Cheese Croquettes

Blanch 1 c rice according to directions given on p. 44, drain, add 4 c milk and cook in the double boiler until the rice is tender and dry. Reserve 2 c cooked rice, and to the rest add ½ c grated cheese and ½ c Thick White Sauce,

p. 38, mix well, cool, shape and dip in egg and crumbs, then fry in hot fat. Serve with Tomato Sauce.

Tomato Sauce

Use 2 T butter, 2 T flour, 1 c strained tomatoes, ½ t salt, ¼ t mace and 1 t finely chopped onions, blend and cook 2–3 m, stirring constantly. See p. 125 for details.

Marguerites

Beat the whites of 2 eggs until stiff, add ¼ c powdered sugar, ½ t salt, and beat until thick and creamy. Stir into the mixture ¼ c nut meats chopped fine, spread on salted wafers, brown a moment in the oven. When cool serve. Reserve the yolks of the eggs for use Tuesday evening.

Preparing the Meal

About 15 m before lunch time put the fat for frying the croquettes on the stove to heat, then make the tomato sauce. Arrange the croquettes made in the morning in a frying basket and lower into the hot fat. While cooking cut the bread and butter, place some marguerites on a plate, chop some ice for the tea. Remove the croquettes from the fat, drain on brown paper, then serve the luncheon.

Immediately after lunch prepare the Peaches for dinner and set in a cool place.

DINNER

Monday **Lesson 243**

ROAST LEG OF LAMB
MASHED POTATOES SPINACH
PINEAPPLE AND CHEESE SALAD
PEACHES IN BLOOM

Roast Leg of Lamb

Trim, sear in a hot oven 15 m, dredge with salt, pepper and flour, cook about 1½ h, basting occasionally. See p. 84 for details. Make gravy if desired.

Mashed Potatoes

Boil, mash, add about 3 T butter, ½ t salt and ½ c milk; p. 15.

Spinach

Wash thoroughly 2 qts. spinach, using at least 4 rinsing waters, so that it may be free of all sand and grit. Add about ½ c water, cover and cook slowly until tender. This

will not require more than 15 m. Drain, chop finely, add 1 t salt, dash pepper, and juice of 1 lemon, or 2 T vinegar. Garnish with hard cooked eggs, cut into slices. If spinach is not in the market, use string beans, see p. 378.

Pineapple and Cheese Salad

Cut a pineapple into slices about ½ inch thick, cutting across the fruit. Remove the skin, and also the hard core. Mix 1 cake of Neufchatel or Cream cheese with an equal quantity of salad dressing, then press this mixture through a sieve over the tops of the pineapple slices. Serve very cold.

Peaches in Bloom

Cover 4 good sized perfect peaches with boiling water, let stand a moment, drain and remove the skins, which will now easily slip off. Carefully cut in half, remove the stones, and fill the cavity so made, with chopped almonds. Pin the halves together with tooth picks. Sift ¾ c powdered sugar, cream well with 3 T butter, then add 3 T cream a few drops at a time. Add enough pink vegetable color paste to give a delicate color to the frosting. Roll the stuffed peaches in this frosting, then in grated cocoanut. Chill and serve in a nest of whipped cream.

Preparing the Meal

About 2 h before dinner time prepare the lamb for roasting and place in the oven. ¾ h before serving time wash and pare 8 potatoes and start to cooking. Then wash the spinach, and after thoroughly rinsing it, put on to cook. Now make the pineapple salad, put on salad plates, and set in a cold place until ready to serve. Whip the cream for the dessert, and arrange the peaches in the cream on dessert plates. By this time the spinach is cooked and may be drained and prepared for the table. Then drain and mash the potatoes, reserving 1 c for future use, remove the roast from the oven to a hot platter, and serve the dinner.

BREAKFAST

Tuesday **Lesson 244**

ICED MUSKMELON

POTATO BUFF WHOLE WHEAT BISCUIT

COFFEE

Iced Muskmelon

Wash at night or when received and place in refrigerator over night, cut in two and remove seeds just before serving.

Potato Buff

Beat 1 egg until light, add to 1 c mashed potato and mix well. Add 1 c milk, ½ t salt, turn into a baking dish, and bake until set, and a delicate brown on top.

Whole Wheat Biscuit

Sift together 1½ c whole wheat flour, 1½ t baking powder, ½ t salt, and 2 t sugar. Add enough milk, about ¼ c, to make the dough stiff enough to handle. Turn out into a floured board, pat out to a sheet about ¾ inch thick, cut into biscuits and place in a buttered pan. Let stand 5 m before baking, then bake in a moderate oven until browned on top, about 25 m.

Preparing the Meal

About ½ h before breakfast make the whole wheat biscuit, and after standing 5 m set in the oven to bake. Now prepare the potato buff and place in the oven. Make the coffee. While the breakfast is cooking prepare the melons and place on the table, also cut the butter and set with the cream on the table. Turn the fire very low under the coffee, and serve the melons while the breakfast is finishing cooking, then serve the potato buff, biscuits and coffee.

Immediately after breakfast make the lemon gems for lunch. If time enough they may be made before breakfast and baked while eating.

LUNCHEON OR SUPPER

Tuesday **Lesson 245**

CREOLE LAMB

BOILED RICE BREAD AND BUTTER

LEMON GEMS LEMONADE

Creole Lamb

Melt 2 T butter, add 2 T chopped green peppers, 1 T chopped onion, and cook 5 m. Add 2 T flour, and when well blended, add ½ c brown stock or water, ½ c tomato pulp and juice, 1 t lemon juice, ½ t salt, and ½ t horseradish. Boil 2 or 3 m, stirring constantly, then add 1 c

cold cooked lamb, cut into cubes. Heat thoroughly and serve with boiled rice.

Lemon Gems

Melt ½ c butter, add 1 c sugar and mix well, then add 2 well beaten egg yolks and beat all together. Add the juice and grated rind of 1 lemon, also 2 T water. Mix and sift 2 1-6 c flour, add 1½ t baking-powder, and add to the cake mixture. Lastly fold in the stiffly beaten whites of 2 eggs, turn into gem pans, and bake about 20 m in a moderate oven.

Preparing the Meal

About 15 m before lunch time make the sauce for the Creole Lamb and while cooking cut 1 c cold cooked lamb into small cubes. Reheat in a double boiler the rice left from Monday's lunch. Add the meat to the sauce, and while heating make the lemonade, adding ice to it at once Cut the bread and butter, place some lemon gems made in the morning, on a plate and serve the lunch.

Immediately after lunch make and freeze the ice cream, for dinner, then pack until ready to serve.

DINNER

Tuesday **Lesson 246**

STUFFED CORNED BEEF
NEW POTATOES IN CREAM HOT SLAW
LIMA BEANS
VANILLA ICE CREAM WITH HOT SAUCE

Stuffed Corned Beef

Make several deep cuts in a 3 or 4 pound piece of well corned beef, and fill each with dressing of bread crumbs moistened with water and seasoned with pepper and onion, p. 46. Tie up tightly in a cloth, saturate with vinegar, then boil about 3 h.

New Potatoes in Cream

Scrape the required number of small potatoes, cook in salted water till tender, drain and cover with thin white sauce—1 T flour, 2 T butter, 1 c milk as on p. 347.

Note—New potatoes may be cooked with the skins on, then peeled. This is easier than scraping.

Hot Slaw

Remove the outer leaves from a small head of cabbage, cut in quarters, then with a sharp knife cut very fine, or if available, a slaw cutter may be used. Beat the yolks of 2 eggs, left from Monday Luncheon, add ¼ c water, ¼ c vinegar, 1 T butter, and ½ t salt. Heat over hot water until thickened, add the chopped cabbage, and when hot, serve.

Lima Beans

Wash and boil in salted water 30 m or more, drain and season with butter, salt and pepper, p. 332. Cook enough so that 1½ c may be left for future use.

Vanilla Ice Cream

Make a custard of 2 c milk, 1 T flour, 1 c sugar, ½ t salt and 1 egg and when cool add 1 pt. thin cream or rich milk and 2 T vanilla and freeze—p. 309.

Hot Caramel Sauce

Melt 1 c sugar in a frying pan until it has become a light brown syrup. This must be constantly stirred to keep from burning. Add 1 c boiling water, taking care that it does not boil over when added to the hot sugar. When the sugar is all dissolved add a roux made by creaming well together 1 T butter and 1 T flour. Boil 3 or 4 m, then serve over well frozen ice cream. (This may be used cold.)

Preparing the Meal

About 3 h before dinner time prepare the corned beef and put on to cook. About 45 m before serving, wash scrape and cook the potatoes, then put the lima beans on to cook. Cut the cabbage, and then make the sauce for the slaw, setting aside when thickened until ready to use. Make the hot sauce for the ice cream, and then the cream sauce for the potatoes. Now reheat the cabbage in the sauce, drain the beans, and add the seasonings, also drain the potatoes and add to the cream sauce. Cut the bread and butter and place on the table, then serve the dinner.

While preparing the dinner cook the Cream of Wheat for breakfast in a double boiler. It is best when cooked several hours. Pour into moulds and set away in a cold place.

BREAKFAST

Wednesday **Lesson 247**

MOULDED CREAM OF WHEAT
WITH
FRESH GOOSEBERRY CRUSH
EGGS ENGLISH FASHION SOUTHERN SPOON BREAD
COFFEE

Fresh Gooseberry Crush

Wash and pick over 1 pt. fresh ripe gooseberries, add 1 c sugar, and crush with a potato masher. Serve over the moulded Cream of Wheat.

Eggs English Fashion

Select 4 small firm tomatoes, wash well and cut a slice from the stem end of each. Scoop out the seeds and soft pulp and reserve for the sauce, sprinkle the inside of the tomatoes with salt, invert for 5 m. Cover the bottom of each tomato with ½ T finely chopped parsley, then break a raw egg into each, season with salt and pepper, and place ½ T butter on top of each. Arrange the tomatoes in a buttered pan and bake in a hot oven until the eggs are set. Serve with Tomato Sauce,—1 c strained tomato, 2 T flour, 2 T butter, ½ t salt; p. 125. In this case use the pulp of the tomatoes.

Southern Spoon Bread

Break an egg into 1 c sour milk or buttermilk. Mix and sift into the milk, ½ c white cornmeal, ¼ t salt, and ¼ t soda, then beat thoroughly. Heat a pottery baking dish, holding at least a pint, until it is very hot, then pour the batter into it and set at once in a very hot oven. In 15 m this should have risen and become a golden brown in color. Serve at once with a spoon.

Preparing the Meal

Make the Southern Spoon Bread the first thing in the morning, about 20 m before the breakfast is to be served. As soon as it is in the oven prepare the eggs—English fashion, and while they are cooking make the tomato sauce. Make the coffee, then prepare the gooseberries for the cereal. Serve the cereal, then the rest of the breakfast.

Immediately after breakfast make the cocoanut cake and fruit custard for dinner.

LUNCHEON OR SUPPER

Wednesday **Lesson 248**

SURPRISE ROLL

BREAD AND BUTTER LEMON GEMS

ICED TEA

Surprise Roll

Mince finely enough corned beef to fill 1 c; also chop an equal amount of cold cooked potato, 1 slice onion, and ¼ c sweet green pepper. Mix well together, add ½ t salt, dash cayenne, and 1 t chopped parsley. Press 1½ c cooked lima beans through a colander to remove the skins. Add 1 well beaten egg, and season with ½ t salt, and a dash of cayenne. Form the first mixture into a roll and cover the entire surface with the bean pulp. Lift carefully into a baking dish, brush the outside with melted butter, and bake until thoroughly heated. Serve with 1 c Medium White Sauce to which has been added if desired, 1 T minced green pepper, and ¼ t onion juice.

Preparing the Meal

About ½ h before lunch time prepare the surprise roll and place in the oven. Make the iced tea, place some lemon gems on a plate, and set on the table, cut the bread and butter, and by this time the roll will be done and the lunch can be served.

Immediately after lunch scald and peel tomatoes and set in a cold place until needed.

DINNER

Wednesday **Lesson 249**

FLANK CHOPS WITH MUSHROOM SAUCE

NEW POTATOES BOILED WITH JACKETS ON

STEAMED CORN ON COB

SLICED TOMATOES

COCOANUT CAKE FRUIT CUSTARD

Flank Chops

Roll a flank steak according to directions given on page 46, insert wooden or metal skewers throughout the roll 1 inch apart, then cut between the skewers into chops, thus cutting across the grain, and broil until brown and tender. Season and serve with mushroom sauce. Either canned

mushrooms heated in medium white sauce, as per page 339, or wild mushrooms sauted in butter may be used.

Steamed Corn on the Cob

Remove the husks and all the silk from 12 medium sized ears of corn. Put into a steamer over hot water and steam about 15 m or until the corn is tender. Serve at once. Reserve 6 ears of corn for Friday luncheon.

Cocoanut Cake

Cream ½ c butter, add 1½ c sugar and mix well together. Mix and sift 2½ c flour, 3 t baking powder, ¼ t salt, and add, alternately with 1 c milk to the sugar mixture, add 1 t vanilla; mix and beat well, then fold in the stiffly beaten whites of 4 eggs. Bake in layers.

Cocoanut Frosting

Add 1 c grated cocoanut to plain boiled frosting, p. 38.

Fruit Custard

Soak ½ package granulated gelatine in 1 c milk for 1 h. Heat 3 c milk to the boiling point and add the gelatine. Beat the yolks of 4 eggs with 6 t sugar and ¼ t salt, and add slowly to the hot milk, stirring all the time. Cook until the mixture thickens slightly, then add 1 c fresh apricots, peeled and sliced, and a grating of nutmeg. Pour into wet moulds and serve very cold with cream. Other fresh fruits may be used.

Preparing the Meal

About 30 m before dinner time wash and scrub the potatoes and put on to cook. Then husk the corn and place in a steamer over the potatoes. Prepare the flank chops and pan broil, lowering the flame after browning both sides. Make the mushroom sauce and while that is cooking slice the tomatoes peeled and cooled previously. Unmould the custard, made in the morning, cut the cake, and set both in a cool place until ready to serve. Cut the bread and butter and set on the table, then serve the dinner.

BREAKFAST

Thursday **Lesson 250**

FORCE—CREAM AND SUGAR

HOT FRANKFURTS HOT BISCUITS

COFFEE

Baking Powder Biscuits

See p. 24—2c flour, 4 t baking powder, ½ t salt, 1 T butter, 1 T lard, ¾ c milk or water—or Sour Cream Biscuits, p. 78.

Preparing the Meal

About 20 m before breakfast time, make the biscuits and place in a hot oven. Crisp the Force in the oven before serving. Cover the frankfurts with boiling water and heat thoroughly. Make the coffee. Cut the butter and place with the cream on the table. Serve the cereal, then the frankfurts, biscuits and coffee.

After breakfast make the cottage cheese and cook the eggs for luncheon.

LUNCHEON OR SUPPER

Thursday **Lesson 251**

EGG SANDWICHES COTTAGE CHEESE
CAKE ICED TEA

Egg Sandwiches

Chop fine the whites of 4 hard-cooked eggs; press the yolks through a sieve and add to the whites. Moisten to the desired consistency with salad dressing and spread between thin slices of bread. Cut into any shape desired.

Cottage Cheese

Heat thick sour milk slowly over hot water until curds separate, strain through a fine sieve or cloth, drain for several hours and season, p. 53.

Preparing the Meal

About 10 m before lunch prepare the egg sandwiches, the eggs having been cooked in the morning. Serve the cottage cheese, also made in the morning, on lettuce leaves; cut some cake, chop some ice for the tea and serve the lunch.

DINNER

Thursday **Lesson 252**

BEEF PUDDING
WITH
TOMATO AND SPAGHETTI
POTATOES ON THE HALF SHELL
CUCUMBER SALAD PEACH SHORTCAKE

Beef Pudding

Put sufficient cold cooked beef through the meat grinder to make 2 c. In this case use the corned beef left, also the meat left from the flank chops. Break up enough spaghetti to make 2-3 c, and boil 20 m. Peel 2 good-sized tomatoes and cut them into small bits. Put a layer of spaghetti in the bottom of a buttered baking dish, over this a layer of chopped meat, then a layer of tomatoes. Season with salt and pepper, and dots of butter. Proceed in this way until the ingredients are used, having tomatoes for the top layer. Cover with buttered crumbs and bake 20 m in a hot oven.

Potatoes on the Half Shell

See directions for Stuffed Potatoes on p. 28.

Cucumber Salad

Cut 2 cucumbers into thin slices or cubes, cover with boiling water for an instant, then drain and let stand in salted ice water for an hour. When ready to serve, drain, cover with salad dressing and serve on lettuce leaf.

Peach Shortcake

2 c flour, 4 t baking powder, 1½ t salt, 2 T shortening, ¾ c water or milk; roll into two sheets ½ in. thick, spread with melted butter and bake with buttered sides together, p. 47, or make individual shortcakes.

Preparing the Meal

About 1 h before dinner pare the cucumbers, cut into cubes and stand in salted ice water. Wash and scrub 4 good-sized potatoes and place in oven to bake, then break up sufficient spaghetti to fill 2-3 c, and while cooking put the cold cooked beef through the grinder, and then peel and cut up the tomatoes. Now finish the preparation of the beef pudding and place in the oven. Make the shortcake and bake, then prepare the peaches for it. Finish the cucumber salad, serve on salad plates on a lettuce leaf and set in a cool place until needed. By this time the potatoes will be done and they may be mashed and put back in the shells, and browned. Remove the shortcake from the oven, finish its preparation and let stand until needed. Cut the bread and butter and place on the table. Serve the dinner. The shortcake should be served with cream.

A good way is to put a spoonful of ice cream or whipped cream on top of each serving.

BREAKFAST

Friday **Lesson 253**

BLACKBERRIES
FRENCH OMELET WITH CURLED BACON
TOAST COFFEE

French Omelet

Beat 4 eggs slightly, add ¼ c milk, water, stock or fruit juice, ½ t salt, ¼ t pepper; turn into a hot frying pan, which must be clean and smooth and well greased with 1 T of butter. Heat slowly and shake gently. Lift cooked portions with a fork or palette knife, and when all is firm, fold and serve.

Curled Bacon

Cook thin slices of bacon slowly in a frying pan. When golden brown, curl by twisting each piece with 2 forks.

Preparing the Meal

About 20 m before breakfast put the bacon in a cold pan and cook over a *low* fire; then prepare and cook the omelet. Make the toast and coffee, then look over the berries and serve the fruit. Then the omelet and bacon, toast and coffee.

LUNCHEON OR SUPPER

Friday **Lesson 254**

CORN CUSTARD GRAHAM DROP CAKES
COOKIES ORANGEADE

Corn Custard

Cut corn from young ears to make 1 c. Beat 4 eggs slightly, add ½ t salt, dash of pepper, a few drops onion juice and 1¼ c milk. Then add the corn and mix well. Pour into buttered moulds, and bake set in a pan of water. When firm, turn from the moulds and serve.

Note: In this case use the corn left from Wednesday evening dinner.

Graham Drop Cakes

Sift together 1½ c graham meal, ½ t soda, ½ t salt, ¼ c brown sugar. Mix into a stiff batter with about a cup of sour milk. Drop from the spoon on a buttered pan or gem pans and bake in a hot oven 15 m.

Orangeade

To the juice of 3 oranges add the juice of 1 lemon, ⅓ c sugar, ¼ t salt and 5 c water. Chill and serve. If possible, sweeten with syrup instead of sugar.

Preparing the Meal

About 40 m before lunch make the corn custard and place in the oven. Increase the heat of the oven, then make and bake the graham drop cakes. Make the orangeade and set on ice to chill, place some cookies or cakes on the table, cut the butter and place on the table, and serve the lunch.

Immediately after lunch make and freeze the cantaloupe sherbet for dinner, and pack until needed.

DINNER

Friday **Lesson 255**

FRIED FISH—LEMON SAUCE
MASHED POTATOES SUMMER SQUASH
APRICOT AND RED PLUM SALAD
CANTALOUPE SHERBET

Fried Fish

Clean thoroughly and wash the fish, dip in egg and crumbs and fry in deep hot fat until tender.

Lemon Sauce

Cream ⅓ c butter, then add slowly 2 T lemon juice. Serve with the fish.

Summer Squash

Dice 1 medium sized onion finely, and cook slowly until slightly browned in 1 T butter. Pare and cut into small dice a summer squash, add to the onion, sprinkle with 1 t salt and ¼ t pepper, cover and cook slowly until the squash is tender, 20-30 m.

Apricot and Red Plum Salad

Scald, drain and peel 6 firm ripe apricots and the same number of red plums. Cut into dice, toss together, using 2 silver forks, cover with lemon cream sauce, p. 99, chill and serve.

Cantaloupe Sherbet

Clean and remove the pulp from 2 good spicy melons, or enough to make 1 pt. pulp. Mash, add a syrup made by boiling 1 c sugar and 1 c water together for a moment,

add a dash of salt and set away to cool. If desired, tint a very faint pink. Put into a freezer and, when partly frozen, carefully open and add the white of one egg beaten stiff with 2 T powdered sugar. Close freezer and freeze until solid. Pack and set in a cold place to ripen.

Preparing the Meal

About 40 m before dinner time wash, pare and put on to cook 4 medium sized potatoes. Then prepare the squash and start to cooking. Make the salad and set in a cold place until ready to serve, then prepare the fish, having the fat for frying heating while doing so. Put the fish in a frying basket and lower into the hot fat, then make the lemon sauce for it. Drain and mash the potatoes, cut the bread and butter and place on the table, then serve the dinner.

Have the dishes in which to serve the sherbet cooling in the ice box while the dinner is being served.

BREAKFAST

Saturday **Lesson 256**

FRESH PLUMS
FISH WITH BROWNED SAUCE TOAST
COFFEE

Fresh Plums

Wash well fresh red plums, allowing 3 or 4 to each person, and set on the table.

Fish with Brown Sauce

Make 2 c medium brown sauce, add 1 c flaked fish, left from the preceding evening, heat thoroughly and serve on toast.

Preparing the Meal

About 15 m before breakfast time make the brown sauce for the fish, and while cooking make the coffee and toast. Flake the fish and add to the sauce. Now wash the plums and place on the table with the cream and butter. Serve the fruit, then the fish, toast and coffee.

SATURDAY BAKING

Rolls

2 T sugar, ¼ t salt, ½ c scalded milk, ½ yeast cake dissolved in 2 T lukewarm water, ¾ c flour; cover, let rise and

add 2 T melted butter, 1 well beaten egg, grated rind of 1 lemon, and flour to knead. See p. 290.

Imperial Cake

Cream 1 c butter, add 1 c sugar and mix well. Then add the well beaten yolks of 5 eggs, grated rind of ½ lemon and 2 t lemon juice, 1 c raisins, seeded, cut in small pieces and dredged in flour, ½ c walnut meats broken into small pieces, and 2 c flour mixed and sifted with ¼ t soda. Beat all vigorously for 5 m, then fold in the stiffly beaten whites of 5 eggs, turn into a deep buttered pan and bake 1¼ h in a slow oven.

Fresh Apple Sauce

Pare, quarter and core about 6 apples; add ½ c water and cook quickly till tender. Add a few grains of salt and sugar to taste—about ½ c—and heat until the sugar is dissolved. Nutmeg may be grated over if desired.

Method of Work

The first thing in the morning set the sponge for the rolls, put in a warm place, cover and let rise. By the time breakfast is over, the sponge will be light enough to work down with the flour and rest of the ingredients; knead and set away to rise a second time. Now make the cake and while that is baking make the apple sauce for lunch. By this time the rolls can be kneaded down again, shaped and placed in the pans for a last rising. By the time the cake is done the rolls will be ready for the oven. Bake about 30 m.

LUNCHEON OR SUPPER

Saturday **Lesson 257**

SQUASH SOUFFLE FRESH ROLLS
APPLE SAUCE
ICED COFFEE

Squash Souffle

Mix 1 c cold mashed squash, left from the preceding evening, with the yolks of 2 eggs, 1 c milk, ½ t salt and 1 T melted butter. Cut and fold in the stiffly beaten whites, pour into a buttered baking dish, set in a pan of hot water, and bake until firm, about 30 m.

Iced Coffee

Add cream and sugar to taste to cold coffee, chill and serve.

Preparing the Meal

About 35 m before lunch time prepare and bake the squash souffle. Prepare and chill the coffee, cut the butter and place with the fresh apple sauce on the table. Also put some of the rolls, made in the morning, on the table. When the souffle is done serve the lunch.

DINNER

Saturday **Lesson 258**

ROUND STEAK A LA QUIN
WITH
TOMATO SAUCE
POTATOES—BUTTER SAUCE GREEN ONIONS
PEACH COBBLER

Round Steak a la Quin

Cover a slice of round steak, cut about 1½ inches thick, with flour, and, using the edge of a plate or meat pounder, pound as much as possible into the meat. Melt 2 T butter in a baking pan and when hot brown the meat quickly on both sides, sprinkle with salt and pepper, and cover with 1 c water. Cover closely and bake in a slow oven for several hours or until the meat is tender throughout. This is an excellent recipe for use in the fireless cooker. Serve with Tomato Sauce, p. 125, or alone with the gravy.

Potatoes with Butter Sauce

Pour ¼ c melted butter, to which has been added 1 T chopped parsley, over plain boiled potatoes, and serve.

Green Onions

Wash carefully a bunch of fresh green onions, cut off the long tops and serve.

Peach Cobbler

Mix and sift 1½ c flour and 1½ t baking powder. With the tips of the fingers work into the flour 1 T butter, and when well mixed add ½ c milk. Peel and slice 4 peaches, and mix with ¾ c sugar and 2 T melted butter. In the bottom of a baking dish invert a cup, around this arrange the peaches, and over all place the dough patted out to about ¾ inch in thickness. Bake in a moderate oven until the

crust is brown and the peaches are tender. This will require about 40 m. The cup keeps the dough from lying on the fruit and becoming soaked with juice.

Preparing the Meal

About 3 h before dinner prepare the steak and place in the oven. About 45 m before serving time make the peach cobbler and place in the oven, then wash and pare the potatoes and start to cooking. Wash and trim the onions and set in a cool place until needed. Make the Tomato Sauce if desired, then cut the bread and butter and place on the table. Drain the potatoes, pour the melted butter over them, remove the meat from the oven and serve the dinner.

BREAKFAST

Sunday **Lesson 259**

SLICED PEACHES AND CREAM
EGG AND CHEESE CREAM ON TOAST
COFFEE

Egg and Cheese Cream

Melt 2 T butter, add 4 T grated cheese and 2 t minced parsley. When the cheese is melted add 4 eggs well beaten, ½ t salt, ¼ t paprika, dash of nutmeg and ½ t mustard. Stir constantly over a slow fire until of a creamy consistency, then serve on toast.

Preparing the Meal

Make the toast and start the coffee, then slice the peaches, sweeten and place on the table. Make the egg and cheese cream, and when it is creamy, remove from the fire but keep in a warm place until ready for it. Serve the fruit, then the egg and cheese cream, toast and coffee. It is nice to make this cream in a chafing dish at the table.

Immediately after breakfast make the iced fruit soup for dinner, also make and freeze the ice cream and pack. Prepare the tomatoes and cucumber and set in a cold place until ready to serve.

DINNER

Sunday **Lesson 260**

ICED FRUIT SOUP
CROWN ROAST OF LAMB
CREAMED POTATOES PEAS
SLICED TOMATOES AND CUCUMBERS ON LETTUCE
PEACH ICE CREAM CAKE

Iced Fruit Soup

To 1 c each red plums, peaches and raspberries, add 1 qt. water. The stones should have been removed from both the plums and peaches. Boil until the fruit is tender, then mash in the water and strain. Mix 1 T cornstarch with 2 T cold water and add to the fruit liquid. Add the juice of ½ lemon, ½ t salt and 1 c sugar. Boil a few minutes, then cool. Serve ice cold. More or less sugar may be added as desired.

Crown Roast of Lamb

Select parts from 2 loins containing ribs, scrape the flesh from the bone between the ribs, as far down as the lean meat, and trim off the backbone. Keeping the ribs on the outside, shape each piece in a semi-circle and sew together to form a crown. Trim the ends of the bones evenly and do not leave them too long. Cover the end of each with a small cube of salt fat pork or wrap each rib with bacon to prevent the bone from burning. Roast 1¼ h or until tender throughout. Remove the cubes of fat before serving. The center of the crown may be filled with the peas.

Peas

Shell 1 qt. or 3 pints of peas and cook in a small amount of water till tender, see p. 293, adding salt the last 15 m.

Sliced Tomatoes and Cucumbers

Peel and chill 2 good sized tomatoes. Pare thickly 2 cucumbers, slice very thin and let stand for an hour or more in salted ice water. When ready to serve arrange alternate slices of tomatoes and cucumber on a lettuce leaf, cover with salad dressing and serve.

Peach Ice Cream

See p. 350, directions for Strawberry Ice Cream. In this case use 1½ pts. crushed peaches and 1½ c sugar. Then proceed as directed.

Preparing the Meal

About 2 h before dinner time prepare the crown of lamb and place in the oven. At this time prepare the peas for cooking. 40 m before serving time put the peas on to cook, and wash and pare the potatoes and put on to cook. Now slice the tomatoes and cucumbers which have been prepared earlier in the morning, arrange on salad plates on lettuce

leaves, and set in a cool place until needed. Now make the white sauce for the potatoes, then drain the potatoes and add to the sauce. Drain the peas and season, cut the bread and butter and place on the table. Remove the roast from the oven, take the salt pork off the ribs, put a paper frill on each rib, fill the center of the roast with the peas and garnish with parsley. Serve the iced fruit soup, then the rest of the dinner. Have the serving dishes for the ice cream in the refrigerator until ready to use. When ready to serve the cream cut the cake and serve with it.

Immediately after dinner make the potato and pea salad for supper. A salad put together while the ingredients are warm always has a better flavor than when they are cold. Also make the fruit punch for supper and let stand in a cold place until needed.

SUPPER

Sunday **Lesson 261**

COLD SLICED LAMB
POTATO AND PEA SALAD ROLLS
CAKE FRUIT PUNCH

Potato and Pea Salad

To 1 c potato cubes add an equal amount of cooked peas, ½ c chopped cucumber and ½ onion chopped fine. Sprinkle with ½ t salt and ¼ t paprika. Cover with salad dressing and serve on a lettuce leaf. In this case the creamed potatoes left from dinner may be used, and consequently less salad dressing will be needed.

Fruit Punch

Make a syrup by boiling together for 5 m ½ c sugar and ⅓ c water. To this add 1 c cold tea, ½ c strawberry syrup, juice of 1 lemon, juice of 1 orange, ½ c grated pineapple, and let stand for at least 30 m. Strain, add a 10-cent bottle red Maraschino cherries, 1 pt. Apollinaris, and about 1 pt. ice water. Serve very cold. Preserved cherries or other fruit may be used instead of the Maraschino cherries.

Preparing the Meal

About 10 m before supper time slice the cold meat and arrange on a platter garnished with parsley or lettuce. Serve the salad made after dinner, cut the butter and put on the table with the rolls, also cut the cake and serve the supper. The fruit punch should be served with shaved ice in it.

FORMAL DINNER

Lesson 262

FISH CANAPES
ICED BOUILLON OR HOT BOUILLON—EGG BALLS
PULLED BREAD
SALTED NUTS OLIVES
FILLET OF BEEF—HORSERADISH SAUCE
FRANCONIA POTATOES CORN SOUFFLÉ
CURRANT ICE
TOMATO CUP SALAD SALTED TRIANGLES
FROZEN PUDDING
BON BONS MACAROONS
CAFE NOIR CHEESE WAFERS

Invitations

For a formal dinner the invitations should always be written rather than verbal and should be sent out two weeks in advance. The reply should be sent the day following the receipt of the invitation.

The hour at which a formal dinner should be served depends greatly upon local custom. From 7 to 8 is the usual hour, although in some places it may be set as late as 8:30 and even 9.

Seating of Guests

If the company is not large the gentlemen are informed by the hostess as to which ladies they are to escort to the table, but when there are a large number present a tray holding small addressed envelopes is passed to the gentlemen as they enter the drawing room. Each selects the envelope bearing his name and finds on the enclosed card the name of the lady he is to escort to the table. The side of the table on which they are to find places is indicated by the letter R or L in one corner of the envelope. At each cover is a plain card on which is distinctly written the name of the guest who is to occupy the seat. The host, with the most distinguished lady present, or the one in whose honor the dinner is given, and who sits at his right, leads the way to the dining room. The hostess, with the gentleman who is to sit at her right, is the last to leave the drawing room.

The host sits at the farthest side of the table, thus enabling the hostess to find her place without passing those who have preceded her. At the close of the dinner all rise, the hostess making the first move. The ladies pass to the reception room, where they are served with coffee, while it is served in the dining room or library to the gentlemen who have remained behind to smoke. After dinner the guests of honor should be the first to leave.

The Table

The table on which a formal dinner is to be served should be covered first with a silence cloth, then with a heavy damask tablecloth. A bare table should never be used on such an occasion. A low centerpiece of flowers is the most suitable decoration. If candles are used there should be enough to furnish sufficient light without the aid of gas or electricity.

Laying the Table

Allow 2 to 2½ ft. between each "cover" or place.

Set service plate in center, 1 in. from edge of table.

At right of plate from the inside out, lay knife with cutting edge toward plate, soup spoon and small fish fork for canapes.

At left of plate, from the inside out, lay the ice-cream fork, the salad fork and the meat fork; then the napkin, with outside corner toward the plate.

Keep all on a line 1 inch from edge of table.

Set glass at end of knife. If bread and butter are to be served, set bread and butter plate at the end of the fork with butter spreader laid across it. Butter plates may be used instead of bread and butter plates.

Place salt and pepper shakers between each two guests.

The olives may be put on the table, or left on the side table and passed.

The coffee spoons should be put on the table at each place when the coffee is served.

On the side table should be arranged all the spoons, forks and extra dishes to be used in serving, a tray with a doily on it, the dishes of nuts, olives, bonbons, etc., a dish of cracked ice and a carafe of cold water. A napkin or towel for emergency, and finger bowls containing water. A thin

slice of lemon, a rose geranium leaf or flower leaf, each set on a plate with a doily.

Sherbet cups and dessert plates for serving the ice and frozen pudding should be set in the refrigerator.

The dishes for the hot food put where they will keep warm.

The fish canapes should be on the table and the glasses filled and everything in readiness when the waitress steps to the door where the guests are and says, "Dinner is served."

Serving

If there are two maids to serve the dinner, one serves first the lady on the right of the host, the other the gentleman on the right of the hostess, and so on in order until all have been served. In serving the next course the lady and gentleman on the left of the host and hostess respectively, are served first, and thus in regular order throughout the dinner. If there is but one maid she begins first at the right, then the left of the host, then the right and then the left of the hostess. In this way, each time either the host or hostess is the last to be served.

Custom, however, is changing and of late many prefer that the host and hostess be the *first* served. In this way they wait the longest before the food served is eaten. Also when some unusual dish is offered, they set the example both as to its disposition and to the manner of eating.

Fish Canapes

Rub 1 c cold cooked fish from which all skin and bones have been removed, to a paste, add ¼ c creamed butter, 1 T Worcestershire Sauce, and a few grains cayenne. Spread on circular pieces of toasted bread and press in the center of each an olive from which the stone has been removed and the cavity filled with the fish mixture. Serve on lettuce leaves. Garnish with the whites of 4 hard cooked eggs chopped fine, and the yolks pressed through a sieve.

Bouillon

Cut 2 pounds of meat and bones into small pieces. Reserve ⅓ of the meat and place the rest in soup kettle, cover with 2 qts. cold water and let stand 1 h. Saute the reserved

portion of the meat in 1 T drippings or butter, with 2 T chopped onion; when it is a dark rich brown add it to the soup in the kettle, rinsing carefully all the "good" from the skillet. Bring slowly to the boiling point and simmer for 6 h. Then add 2 t mixed herbs, 4 cloves, 4 allspice berries, 2 t salt, 4 peppercorns, 2 T each, potatoes, tomatoes, corn, cabbage, turnip, carrot, onion, etc. The vegetables should all have been cubed and soaked in cold water. Cook 1 h longer and strain, and cool. The fat rises to the top of the stock and forms a seal. When ready to use remove by simply taking off the top layer of fat when the stock is cold, then dip a napkin in hot water, wipe off the top of the stock and around the bowl, thus removing every particle of fat. *Note.*—The layer of fat forming a seal keeps the stock from spoiling. Do not let the seal be broken if you wish to keep the stock any length of time. If it is broken heat the stock and let it form again.

To clear the stock, after removing all the fat add the slightly beaten white and the finely broken shell of 1 egg to each quart of stock, while cold, beating it through the liquid. Set the stock on the stove, stir constantly until it reaches the boiling point, then simmer 20 m. Remove the scum and strain the stock through a cloth. Season before cleaning if it is necessary to add more than was put in at first.

Egg Balls

Rub the yolks of 4 hard cooked eggs to a paste, add a dash of salt, speck of pepper, 6 drops Worcestershire sauce, and 1 t melted butter. Moisten with the beaten yolk of 1 egg, and shape into small balls. Roll in flour and saute in butter. Serve in the bouillon.

Pulled Bread

Pare the crust from a loaf of French bread. With two forks divide the loaf into halves, then quarters, and eighths. Break into 3 in. lengths, and brown slowly in the oven.

Fillet of Beef

The tenderloin of the beef which lies under the loin and rump is called fillet of beef. Wipe, remove the sinewy covering on one side, and the superfluous fat on the other. Lard the upper surface with salt pork, dredge with flour and bake ½ h. Baste frequently with fat from salt pork

or from the stock kettle; the latter is used on account of the flavor of vegetables, or the fillet may be laid on a bed of vegetables. When half done season with salt and pepper. Serve with Horseradish Sauce.

Horseradish Sauce

Mix well together 4 T grated horseradish, 4 T fine bread crumbs, 1 t powdered sugar, 2 T vinegar, ½ t prepared mustard, ½ t salt, ¼ t paprika, and heat in a double boiler. When hot add ½ c cream, or 1 c Medium White Sauce, reheat, and serve.

Franconia Potatoes

Pare and quarter medium sized potatoes, parboil for 5 m, drain, place in the roasting pan and baste with the meat.

Corn Souffle

See page 27, using 1½ c fresh grated corn instead of canned.

Currant Ice

Make a syrup of 4 c water and 2 c sugar, add 1 c raisins, boil 10 m, strain, cool and add 2 c currant juice and ½ c orange juice and freeze.

Tomato Cup Salad

Select medium sized firm tomatoes, wash well, and cut a slice from the stem end of each. Scoop out the seeds and soft pulp, saving it for future use, sprinkle the inside of the tomatoes with salt, and invert for several minutes. Cut equal portions of cucumber and radish into ½ in. cubes, add the most solid portions of the tomato pulp, mix with salad dressing, and refill the tomato cups. Set in a cold place until ready to serve.

Salted Triangles

Beat 1 egg slightly, add ½ t salt, then enough flour to make a very stiff dough. Knead until elastic, then roll into a very thin sheet and dry. Cut in triangles about 2½ inches on the sides and fry in deep hot fat to a delicate brown. Dust with salt and serve with salad. The dough can be made and rolled out a day or so before using if convenient.

Frozen Pudding

Soak 1 T granulated gelatine in 2 T cold water. Scald 1 pt. milk. Beat 2 eggs lightly, add 1 c sugar, ¼ t salt, and

add the hot milk slowly, stirring all the time. Return to the double boiler, and cook until the mixture coats the spoon. Add the soaked gelatine. Remove from the fire and add ¼ pound figs, chopped fine, and 1 qt. thin cream; cool and add 2 T vanilla, ¼ c orange juice, ¼ pound English walnuts chopped fine. Freeze.

Cafe Noir

For cafe noir or after dinner coffee use twice as much coffee as required for breakfast coffee or ¼ c of ground coffee to 1 c water. Otherwise follow directions given on page 11.

After dinner coffee is served with or without sugar, as desired, but not with cream. It has a decidedly stimulating effect on the digestive organs and for that reason its use after a heavy dinner is advantageous.

Preparing the Dinner

The bouillon should be prepared the preceding day and set aside to cool.

In the morning remove the fat and clear the bouillon, chill if desired cold. Then make the salted triangles, and cook the fish if necessary, make the paste for the canapes, and set aside until needed. Prepare the tomatoes and radishes and set away to chill. Also pare and cut the cucumbers and stand in salted ice water. Make the custard for the frozen pudding and set away to cool. Cook the eggs for the egg balls.

After lunch freeze the Frozen Pudding, pack, and set away to ripen. Make the currant ice and freeze. Arrange the salted nuts, olives, bon bons, macaroons, and wafers on dishes for serving, and set away until needed; prepare the egg balls for sauteing; cut the bread for the canapes and prepare the Pulled Bread. Lay the table and have dishes ready for use. About 1½ h before dinner, wash, pare and parboil the potatoes. Make the corn souffle and place in the oven. Now prepare the fillet of beef and put in the oven, arranging the potatoes in the pan with it. Toast the pulled bread, and the bread for the canapes. Saute the egg balls, and if the bouillon is to be served hot, reheat. Make the horseradish sauce. Place nuts and olives on table and pour the water. The cafe noir should be made

after the dinner has been served, as otherwise it would have to stand too long.

Serve the fish canapes, then the bouillon with the egg balls and the Pulled Bread. The beef should be placed on a platter and garnished with parsley, and served with the potatoes, souffle, and ice. The salad and salted triangles are next served, followed by the frozen pudding, bon bons, and macaroons. The cafe noir, wafers and cheese are served last.

Bread and butter is not usually served with a formal dinner but may be if so desired.

AUGUST MENUS—COST AND FOOD VALUE—FOUR PERSONS

Supplies	Cost	Food Units—Total	Protein	Fat	Starch & Sugar
4 lbs. Flour	$	6,560	787	196	5,577
¼ lb. Cornmeal		435	39	48	345
½ lb. Graham Flour		832	125	41	666
½ lb. Rice		816	72	8	736
¼ lb. Spaghetti		400	60	8	332
3 lbs. Bread		3,615	468	219	2,928
¼ lb. Crackers		400	36	80	284
¼ pkg. Maple Flake		730	80	7	643
⅛ pkg. Cream of Wheat		354	53	18	283
¼ pkg. Force		730	80	7	643
6½ lbs. Sugar		12,090	.....	.....	12,090
3 lbs. Leg of Lamb		3,984	1,792	2,192	.....
4 lbs. Corned Beef		4,440	2,398	2,042	.....
1½ lbs. Flank Chops		907	381	526	.....
½ lb. Frankfurts		800	152	648	.....
¼ lb. Bacon		800	48	752	.....
2 lbs. Halibut		940	374	566	.....
1½ lbs. Round Steak		1,665	900	765	.....
4 lbs. Roast Lamb		5,312	2,389	2,923	.....
4 doz. Eggs at 20c		3,808	1,220	2,588	.....
4 qts. Milk		2,600	496	1,352	752
4 pts. Cream		3,640	182	3,130	328
3 lbs. Butter		10,815	54	10,761	.....
¼ lb. Cheese		514	129	375	10
1 cake Cream Cheese		514	129	375	10
½ lb. Nuts		1,488	160	1,328	.....
1 pk. Potatoes		2,247	247	22	1,978
1 basket Tomatoes		400	50	64	276
1 small Cabbage		145	29	12	104
1 qt. Lima Beans		800	168	32	600
12 ears Corn		800	104	80	616
1 head Lettuce		50	13	7	30
4 Cucumbers		150	27	15	108
1 bunch Green Onions		100	13	5	82
1 qt. Peas		1,000	230	270	500
1 Squash		448	32	32	384
1 small can Mushrooms		50	15	4	31
½ box Gelatine		100	19	198	57
2 qts. Spinach		300	45	198	57
½ lb. Raisins		600	18	54	528
¼ pk. Apples		440	13	31	396
1½ doz. Apricots		400	32	.....	368
1 basket Peaches		464	32	10	422
½ basket Red Plums		232	16	5	211
1 Pineapple		200	8	12	180
½ pt. Raspberries		200	16	.....	184
1 box Blackberries		400	36	64	300
1 pt. Gooseberries		200	10	.....	190
4 Muskmelons		720	42	.....	678
½ doz. Oranges		510	30	18	462
½ doz. Lemons		219	21	30	168
½ lb. Cocoanut		800	32	616	152
⅞ lb. Coffee		.....	.....	.....	.....
⅛ lb. Tea		.....	.....	.....	.....
	$	81,164	13,912	32,536	34,716

Food Units per Day—11,595. Food Units per Day per Person—2,898.
Cost of Food per Day—$ Cost per Day per Person—$
Of the Total Food Value 17% Is Protein, 40% Fat, and 42% Carbohydrates or Starch and Sugar.

SUGGESTIONS FOR REDUCING THE COST OF THE AUGUST MENUS

Substitute oleomargarine or crisco for butter in cooking. Use top of milk in place of cream for cereal and coffee. In cooking with milk reduce by adding half water, or by using skimmed milk at a quart, as suggested before.

In L. 239 omit the orange omelet. Use Hamburg Roast in place of Leg of Lamb in L. 241, also omit the pineapple and cheese salad and use plain sliced peaches instead of Peaches in Bloom. In L. 242 omit the iced melons. In L. 244 make the ice cream with a custard foundation, thus using 1 pt. instead of 1 qt. of cream. Also omit the hot sauce for the cream. Omit the gooseberry crush in L. 245, also the cocoanut cake in L. 247. In L. 251 omit the blackberries and in L. 253 use banana instead of apricot and plum salad; here also serve lemon ice instead of cantaloupe sherbet. Omit the plums in L. 254. In L. 256 rice the potatoes instead of serving them with butter sauce. Use breaded veal cutlets instead of crown roast of lamb in L. 258, and also omit the fruit soup. As suggested above, use the custard foundation for the peach ice cream also.

ESTIMATED REDUCTIONS.

1½ lbs. Butter at c, less	Blackberries .....
1½ lbs. Oleo at c.....$	Apricot and Plum Salad at
1 qt. Cream	c, less Banana Salad at
2 qts. Milk.....	c. .....
Orange Omelet	Cantaloupe Sherbet at 20c,
Roast Lamb at 84c, less	less Lemon Ice at 10c...
Hamburg Roast at 42c..	Red Plums .....
Pineapples and Cheese Salad	Butter Sauce .....
Peaches in Bloom at 18c,	Fruit Soup .....
less Sliced Peaches at 6c.	Crown Roast of Lamb at
2 Melons	$, less Veal Cutlets at
Hot Sauce for Ice Cream..	c .....
Gooseberry Crush	
Cocoanut Cake	

Original Total Cost.....$
Reduction .....

New Total Cost per Week.....$
New Cost per Day.....
New Cost per Day per Person.....

QUICK MEALS FOR HOT WEATHER

Lessons in Cooking was planned as a graded course, simple meals being given first. As they gradually increase in difficulty, the meals for June, July and August are somewhat complicated. While they may easily be served during the month, they are not ideal for *extremely* hot weather. At such times the cooking should be planned so that the use of the stove is necessary only during a short period of the day, preferably in the morning. To do this requires planning, but the thought necessary will be repaid.

"Stock adjuncts," as they may be called, made at a convenient time and kept on hand, with the help of the Emergency Supplies referred to on page 287, will admit of the planning of many attractive meals requiring very little time.

STOCK ADJUNCTS

Salad Dressing

Make without milk as suggested on page 62, from the recipe given on page 29. It will keep indefinitely.

Soft Custard

Page 139. Make up a quart or two of this and keep on the ice for sauce or for making quick desserts.

Fruit Syrups

When preserving fruit make a larger quantity of syrup than necessary and put it into pint jars for desserts and cold drinks.

Thin Sugar Syrup

For use in making lemonade, orangeade, etc.

Cold Tea

Make a strong infusion and keep in glass or porcelain.

Cold Coffee

Make strong and keep in glass or porcelain for iced coffee and flavoring.

Cold Chocolate

This will keep sweet longer if made without milk, according to recipe on page 37, but it will be well to add enough water so that it will be sufficiently thin to blend with milk when cold.

Cheese

Grate dried pieces of cheese and keep in a closed fruit jar in a cool place. Use for salads, sandwiches, etc.

PREPARED FOODS

Hard Cooked Eggs

Cook a dozen or more at a time and use for creamed eggs, egg salad, deviled eggs, garnishing salads, meats, etc.

Cold Boiled Potatoes

Cook double or treble the quantity and keep for potato salad, sauted potatoes, quick scalloped potatoes, creamed potatoes, or potato soup.

Cold Cooked Vegetables

Cook more than necessary of all kinds of vegetables and keep ready for salads.

Cold Meats and Fish

Have them ready for slicing, creaming, salads, etc., or make into jellied or pressed dishes. Cold ham, tongue and corn beef are particularly acceptable in hot weather.

Cake

Make plain loaf or sponge cake, doubling the recipe, and when the first freshness has gone, use with fruits, soft custards and cream for simple, quick desserts.

Cookies

That will keep well should be made when convenient in considerable quantities.

Bread

When baking bread make up pans of crusty rolls, cinnamon rolls and coffee cakes.

Pastry

Make and bake pastry shells—pie and tart size. These will remain fresh for two or three days if kept in a cool, dry place. Uncooked pastry may be kept for a long time in the refrigerator.

All these foods may be made in the morning while getting breakfast or immediately afterwards. When the oven is heated for one purpose, see that other things which may be used a day or two later are baked.

There is seldom need of using a coal range during the hot weather; even if gas is not available, the blue flame kerosene stoves are not expensive and give excellent results.

SUGGESTIVE MENUS

The breakfasts given in the lessons are nearly all sufficiently simple for even the hottest weather. The following suggestive menus may illustrate what has been said.

LUNCHEON

CREAMED EGGS BREAD
FRESH FRUITS COOKIES
ICE TEA WITH FRESH MINT

The eggs should be cooked at breakfast time and the tea made. Then 10 m before luncheon make the cream sauce and heat the eggs in it. While it is cooking, ice the tea, prepare the fresh sprigs of mint by putting one in each glass, put the fruit, bread and cookies on the table and serve the eggs.

LUNCHEON 2

LETTUCE AND CHEESE SALAD BREAD AND BUTTER
SPONGE CAKE ICED CHOCOLATE

After breakfast make the chocolate and wash the head lettuce, folding it in a cloth and place in the refrigerator. About 10 m before luncheon set the table and put on the bread and butter and cake, ice the chocolate and put the lettuce on the salad plates, sprinkle with the grated cheese and serve with salad dressing.

DINNER—(Fireless Cooker)

POT ROAST WITH POTATOES AND VEGETABLES
LETTUCE SALAD BREAD
FRESH PEACH COBBLER

This is a fireless cooker dinner, and can be served from 3 to 6 hours after it is put into the cooker, according to the heat used. With the radiators, less time should be allowed and less water put on the meat. The pot roast should be seared and browned nicely on all sides, put into the cooking vessel, surrounded by potatoes and vegetables—carrots, onions, parsnips, turnips, etc.—cut into inch cubes, seasoned well with salt, pepper, a bit of bay leaf and a few cloves, and water added. If the radiators are used a cup or pint of water is sufficient—if not, the meat should be nearly covered with water, brought to the boil and transferred after 20 m boiling to the cooker.

Fresh Peach Cobbler

Fill a pastry shell with fresh peaches (or other fruit) that have been sliced and sweetened, and spread whipped cream or meringue on the top.

Preparing the Meal

Make the pastry shell for the cobbler in the morning or when the oven is in use. Then pare and slice the peaches and cover with sugar. Put the meat and vegetables into the cooker in the morning, or the necessary length of time before required and wash the lettuce. About 10 m before time to serve the dinner, set the table, putting on the bread, butter, water, lettuce, etc. Whip the cream or make the meringue, then put the cobbler together. Open the cooker, put the meat on platter, then drain the vegetables, reserving the liquor for soup or gravy for the next day, and put them around the meat on the platter and serve. Iced coffee may be served with the dessert.

QUICK DINNER—(Cold)

JELLIED VEAL POTATO SALAD
GARNISHED WITH HARD COOKED EGGS
BEET PICKLES
CREAM OF FRUIT AND CAKE
ICE COFFEE

Jellied Veal

See page 205.

Potato Salad

See page 364.

Cream of Fruit and Cake

Fold into 1 pt. of soft custard—see page 139—½ c cake crumbs (cracker or bread crumbs may be used) and 1 c mashed and sweetened fresh or preserved fruit. Serve in sherbet glasses with or without whipped cream, ice cold.

Preparing the Meal

The veal should be prepared in the morning, the potatoes and eggs cooked and the soft custard made. About 15 m before serving, set the table, turn out the veal, finish the salad and make the cream of fruit and cake and put into glasses. Serve the dinner.

QUICK DINNER—(Hot)

BROILED MEAT OR FISH CREAMED POTATOES
SLICED TOMATOES
FRUIT SALAD CAKE

About 20 m before dinner time, pare and cut into 1 inch cubes, 6 medium sized potatoes and put on to cook in boiling salted water; they will cook in about 15 m. When heating the water for the potatoes, put in a little more than necessary. When it reaches the boil use enough to scald the tomatoes—then put in the potatoes. When the tomatoes are peeled and sliced, set in a cool place. Make the fruit salad, using bananas and berries with a little grated cocoanut and sprinkle with sugar and orange or any fruit juice on hand. Broil the meat, set the table, cutting the cake, etc., and make the white sauce (p. 38) for the potatoes. Drain the potatoes, add the sauce. Put meat onto the hot platter, season well and serve the dinner.

If there is no cake on hand, one of the many varieties of prepared wafers may be used or tea cakes may be made, using the recipe for "Lightning" cake, p. 374, and baked after the dinner is started.

SUPPLEMENTARY RECIPES

Rye Bread

Scald 1 c milk, add 1 c boiling water, 1 T lard, 1 T butter, ⅓ c brown sugar, and 1½ t salt. Dissolve ¼ yeast cake in ¼ c lukewarm water, and when the milk mixture is lukewarm add the yeast and 3 c flour. Beat thoroughly, cover, set in a warm place and let rise until light. Add rye meal until the dough is stiff enough to knead. Knead thoroughly, let rise, knead, shape into loaves, let rise again, and bake. See page 211 on Bread Making.

Sugar Cookies

Cream ½ c butter and 1 c sugar thoroughly, add 1 egg and beat all well. Add alternately ½ c milk or water, and 2 c flour with which 2 t baking powder have been sifted. Mix all well, then add enough more flour to roll, from 1 to 2 c according to the kind of flour used. Roll out the dough to about ¼ inch in thickness, sprinkle with granulated sugar, cut with a cooky cutter, and bake in a hot oven.

Mince Meat

2 lbs. chopped meat
1 lb. suet
3 lbs. raisins
3 lbs. currants
2½ lbs. brown sugar
1⅓ cups molasses
3 qts. chopped apples
1 qt. meat liquor
2 T salt
3 T cinnamon
2 t mace
2 t powdered cloves
4 lemons (grated rind and juice)
1 piece (a quarter) of citron, shredded fine

Cook about 2½ lbs. of the round, flank or shoulder of beef in 1½ qts. water till tender, saving the liquor. Chop or grind the meat fine, being careful to remove all gristle. If the meat is very fat use less suet.

Mix ingredients in the order given and cook slowly until the fruit is tender. When done add 1 qt. sweet cider. Store in stone jars in a cool place. Add more cider when using if it is not sufficiently moist.

Half glasses of jelly, syrup from pickled peaches, bits of preserves, etc., may be added to the mince meat.

Mince Pie

Fill a shallow plate lined with plain paste with mince meat, cover with an upper crust made either of plain or puff paste, and bake in a moderate oven.

Apple Pie

Line a deep pie plate with plain paste (see page 130). Pare, core and cut 4 or 5 sour apples into eighths, and spread on the plate until filled. Mix ⅓ c sugar, ¼ t nutmeg, ⅛ t salt, 1 t lemon juice, and a few gratings of lemon rind together and sprinkle over the apples. Dot with 1 t butter. Wet the edges of the lower crust, put on the upper crust, and press the edges well together. Cut a few slashes in the upper crust to allow steam to escape and bake 40 to 45 m in a moderate oven.

If desired the butter, lemon juice and rind may be omitted and cinnamon substituted for the nutmeg. Also dried apples which have been soaked for 12 h or more may be used in place of the fresh fruit.

Pumpkin Pie

Pare and cut into small pieces sufficient pumpkin, and steam until tender, or about 1 h. For each pie put enough pumpkin through a colander to make 1½ c pulp. To this add ⅔ c brown sugar, 1 t cinnamon, ½ t ginger, ½ t salt, 2 beaten eggs, 1½ c milk and ½ c cream. Mix well together, and pour into a pie plate lined with plain paste. Do not use an upper crust. Bake in a moderate oven until the custard is set and the crust browned. Care must be taken that the oven is not too hot, as the custard is then apt to curdle.

SQUASH PIE may be made with this recipe.

Puff Paste

Wash 1 pound of butter, patting all the water out of it. Into 4 c sifted pastry flour work 2 T butter, then add enough ice water to make a paste. Toss onto a floured board and roll out to ¼ inch in thickness, keeping the paste oblong in shape. Spread generously with ⅓ of the remaining butter. Fold, bringing the upper half over to the center, then the lower half up to the center, then the right side, then the left, each brought to the center; then double. Place

in a cold place for 5 m or longer, then roll out, spread with another third of the butter and proceed as before. Chill, roll out again and spread with the last third of butter. Thoroughly chill before baking. Bake in a very hot oven, having the heat from the bottom more intense than from the top.

Patty Shells

Roll puff paste ¼ inch thick, cut with a round patty cutter, or doughnut cutter dipped in flour. Chill until the paste is stiff, then place on iron or tin sheet covered with brown paper, and bake 25 m in a hot oven. The shell should have risen to its full height in 12 to 15 m, and have become somewhat brown. The pieces cut from the centers should be baked and used for patty covers.

Fish Chowder

Skin and bone a 3 lb. fish and cut into inch cubes. Cover bones and trimmings with cold water and simmer for ½ h.

Cut a 2 inch cube of salt pork into small pieces, try out, add 1 medium sized onion cut fine and fry for 5 m, then strain the fat into a stew pan.

Parboil 1 qt. of sliced potatoes for 5 m, then drain and add layers of fish and potatoes to the fat. Season each layer with salt and pepper.

Strain the liquor in which the fish bones have been cooking over all and cook about 20 m until fish and potatoes are tender. Then add 1½ pts. scalded milk and 4 or 5 hard tack splits (water crackers). If desired thicker, sprinkle a little flour between each layer.

Clam Chowder is made in the same way.

Quick Frosting

To 3 T fruit juice or cream add confectioner's sugar until it is the right consistency to spread and beat well. A speck of salt brings out the flavor. Hot water may be used and flavored with extracts—vanilla, almond, lemon, etc.

Chocolate Fudge Frosting

Mix together 1¼ c sugar, ⅓ c powdered cocoa, or 1 square grated chocolate, and ⅛ t salt. Add ⅓ c milk and boil without stirring to the soft ball stage (see page 117). Add 1½ T butter, remove from the fire and beat until thick enough to spread. Add ½ t vanilla and put on the cake.

Caramel Frosting

Boil together to the soft ball stage, 1½ c brown sugar, ¾ c milk and ½ T butter. Remove from the fire and beat until of the consistency to spread on the cake.

Maple Frosting

Break ½ lb. soft maple sugar into pieces and heat in a sauce pan with ½ c cream, stirring occasionally until the sugar is dissolved. Boil without stirring to the soft ball stage. Beat until of right consistency to spread.

Marshmallow Frosting

In a saucepan heat slowly to the boiling point without stirring ¾ c sugar and ¼ c milk, then boil 6 m. Break ¼ lb. marshmallow into pieces, melt in a double boiler, add 2 T hot water and cook until the mixture is smooth. Then add the hot syrup gradually, stirring constantly. Add ½ t vanilla, then beat until thick enough to spread.

Pistachio Frosting

Make the same as Marshmallow Frosting, adding at the last a few drops almond extract and ⅓ c pistachio nuts, blanched and chopped.

Catsup

Scald half a bushel of ripe tomatoes and remove the skins. Add ½ c salt, 1 pound sugar, 1 T cayenne pepper, 3 T each ground mace and celery seed, 2 T ground cinnamon, and 2 qts. vinegar. Boil slowly until reduced one-half, then pass through a sieve, reheat and put into sterilized jars, seal.

Green Tomato Pickles

Remove a thin slice from the blossom ends and the hard portion around the stems of 1 peck of green tomatoes. Slice, sprinkle with 1 c salt and set aside over night. In the morning, drain, then boil 15 m in 2 qts. water and 1 qt. vinegar. Drain again. Cook together 10 m 1 gal. cider vinegar, 2 pounds sugar, three red pepper pods cut into strips, 1 T white mustard seed, whole, and 1 c cinnamon bark, ginger root, mace, and whole cloves mixed in the proportions desired. The spices, with the exception of the red pepper pods, should be tied in a muslin bag. Add the tomato and simmer gently about 1 h, remove the spices, and put the pickles into sterilized glass jars. Let the syrup completely cover the slices of tomato.

Cheese Timbales in Spaghetti Moulds

Melt 1½ T butter, add 1½ t flour, 1½ c chopped cheese and 1 c cream, milk or stock; season with ¼ t salt, ¼ t paprika, then add 1 whole egg or 3 yolks well beaten.

Cook 25 sticks of spaghetti, without breaking, in boiling salted water until tender, drain and rinse three or four times in cold water. Line well buttered timbale moulds with the spaghetti, commencing with the center of the bottom and coil round and round to completely line mould.

Fill with cheese mixture, set the moulds on several folds of paper in pan of water and cook until mixture is firm. Unmould and serve hot with tomato sauce.

Chocolate Pie

Scald 1 c milk, add 3 T grated chocolate or cocoa and 2 T corn starch mixed with a little cold milk, add ½ c sugar and cook until thick. Add pinch of salt and yolks of 2 eggs well beaten and cook 5 min. Flavor with 1 t vanilla and beat in the whites of 2 eggs whipped stiff. Pour into a pie crust shell (see p. 131) and bake in a moderate oven until firm.

Mock Mince Pie

Chop together 1 c raisins, 1 c rhubarb and 1 c sugar, add 1 egg well beaten, the juice and rind of 1 lemon and 1 T butter. Line a shallow pie pan with pastry, (p. 130) fill with the mixture and sprinkle a little flour over the top and apply the top crust. Bake in a moderate oven 45 min.

Almond Crisps

Cream ½ c butter, add gradually 1 c powdered sugar, beat the yolks of 2 eggs and white of 1 and add to butter and sugar. Add 2 T milk and 2 c of flour, 1 t vanilla and ¼ t almond extract. Knead on the board, using more flour if necessary, and roll into a thin sheet. Cut with a large round cutter into crescent and oval shapes. Press three halves of blanched almonds on the top of each. Brush with the white of egg, and sprinkle with granulated sugar. Bake in a quick oven.

Tea Pretzels

Cream ⅓ c butter, add gradually ¼c sugar, then 1 beaten egg and 1½ c pastry flour. Cover and let stand until very cold. Knead the dough to smooth mass, break off into small pieces and shape like a lead pencil, bring the ends toward the middle, pressing them in about 1 inch apart forming two rings. Then lay on a baking tin having the rings overlapping. Brush with a beaten egg diluted with a little milk and press blanched and sliced almonds on top. Bake in a moderate oven.

Peanut Macaroons

Beat the whites of 3 eggs until foamy, add ¼ t cream tartar and beat until dry, then gradually beat in ½ c sugar (granulated) and beat until very light; then fold in another ½ c sugar, 1 t flour and 2 c peanuts chopped very fine. Drop by teaspoons on buttered paper, sift granulated sugar on the top and bake in a quick oven from 5 to 7 minutes.

Cocoanut or other nuts may be substituted for peanuts.

Gelatine Salad I

Soak 2 T powdered gelatine in ½ c cold water and ½ c mild vinegar until soft, dissolve in 2 c boiling water, add 1 t salt. When nearly cool add 1 c finely shredded cabbage, juice of 1 lemon, ½ c sugar, 2 c celery cubed finely, ¼ can sweet red peppers cut fine. Cool quickly and serve with mayonnaise dressing (page 177), or boiled dressing (page 29).

Gelatine Salad II

To the same gelatine mixture add 1 sweet green pepper, 2 ripe pimento, 1 bunch celery, ½ head cabbage, ½ doz olives and 1 head lettuce cut up fine. Cool and serve with mayonnaise dressing.

ECONOMICAL DISHES AND MEAT SUBSTITUTES

Baked Fish

Shred 2 c cooked fish, mix with cheese sauce, and season to taste with salt and pepper. Place in a baking dish, cover with crumbs and bake until brown. Any cooked fish, salmon or tuna fish may be used for this dish.

Cheese Sauce

Add 1 c grated American cheese to 1 c medium white sauce (p. 38), stir until completely melted, then use as desired.

Fish Pie

For this use 1 c flaked cooked fish of any kind, 1½ c mashed potato, ¾ c white sauce, 1 T minced parsley, and ½ c grated cheese. Line a buttered baking dish with the potato, over this place a layer of fish, on top of which is placed half of the white sauce, to which the chopped parsley has been added. Over this place half of the grated cheese. Proceed in this manner until the ingredients are used, having the grated cheese on top. Bake in a moderate oven until well heated throughout, and the cheese is brown.

Egg plant escalloped with Fish

Remove the skin from an eggplant weighing about 1½ pounds, cut the pulp into cubes and boil in salted water until tender. Drain and mash well. Mix the mashed pulp with 1½ c cooked fish from which all skin, bones, etc., have been removed. Salmon is very nice to use this way. Add 1 c medium white sauce, stir all well together, arrange in a buttered baking dish, in two layers; on top of each sprinkle buttered bread crumbs. Bake ½ h in a moderate oven.

Meat and vegetable Pie

Chop 1 pound of round steak, and cook in water about two h. Add 1 c potatoes, sliced thin, 1 good sized carrot, and ½ onion, each chopped fine, and cook ½ h longer. Drain off the stock, of which there should be 1½ c. Mix 3 T flour with cold water, add to the stock, and cook until thick and smooth, adding salt and pepper to taste. Place the meat and vegetables in a buttered baking dish, pour over them half of the gravy, and cover the top with a baking powder biscuit dough. See page 24. Place in a hot oven and bake until crust is light and brown on top. Pour over the pie the remaining gravy, which has been reheated, when serving.

Omelet with Asparagus

Make 1½ c white sauce, medium, add ⅜ c cooked asparagus cut into inch length; separate the yolks and whites of 3 eggs, beat the whites until stiff and the yolks until thick and lemon colored; stir the yolks into the white sauce, then fold in the whites; mix well and turn into a warmed skillet, in which two T butter have been melted. Cook as directed on page 406.

Puffed Cabbage

Put sufficient cold cooked cabbage through the grinder to make 2 c; in a frying pan melt 1 T butter, add ¼ c cream, and the chopped cabbage; heat gently; beat two eggs well, add to the cabbage mixture, season to taste, spread out evenly over the pan, and cook till brown on the under side. Set in the oven to brown the top, fold over and serve.

Spaghetti Rarebit

Make 1 c medium white sauce and to it add ¾ c grated cheese; cook gently until the cheese melts; in the bottom of a buttered caserole place a layer of cooked spaghetti, over this layer of minced cooked ham, then some of the sauce. Continue in this way until all of the ingredients are used, covering the top with buttered crumbs. Bake 15 m in a hot oven. One c each of spaghetti and ham are good proportions to use, but this may be varied according to the supply on hand. Other cooked meat may be used the same way.

Cheese Pudding

Grate or chop ½ pound soft American cheese. Toast and butter four slices of bread, and put two of them in the bottom of a baking dish. Cover with half of the cheese, add the remaining slices of bread, then the cheese, pour over all 2 c of milk, dust lightly with salt and pepper and let stand 5 m. Then bake 20 m in a moderate oven.

Spanish Spaghetti

Cook ½ pound spaghetti until tender in boiling salted water; mince fine 1 onion and 1 small green pepper, and fry in 1 T butter until tender, then add 1 can tomato soup, and let come to a boil. Add ½ c grated cheese, and the cooked spaghetti, place in a baking dish, cover with buttered crumbs, and bake until browned.

Nut Loaf

Mix ½ c cooked rice with an equal quantity bread crumbs, add 1 t salt and ¼ t pepper; stir in 1 c chopped nuts, pecans, walnuts, peanuts, etc.; add 1 T chopped parsley and 1 whole egg. Mix all well together, pack into a shapely pan to mould it, and bake in a slow oven about ¾ h. Serve with cream sauce.

Sweet Potato Balls

Mix thoroughly 1 c cooked mashed sweet potato, ½ c crumbs, and egg yolks. Add ½ t salt and ½ t onion juice. Form into balls, roll in coarsely ground nut meats, and fry in deep hot fat.

Savory Rice

Mix 1 c cooked rice with ½ onion chopped, and ⅜ c minced ham or other cold cooked meat. Add ½ c tomatoes, salt and pepper to taste, place in a buttered baking dish, cover with crumbs dotted with butter, and bake ½ hour.

Eggs scrambled with Rice and Bacon

Broil 6 thin slices of bacon until crisp; pour off half the fat and put the bacon aside in a warm place; beat 2 eggs well, add to them 1½ c cooked rice, salt and pepper as needed. Pour into the hot bacon fat in the frying pan, and scramble. Heap in a mound on a hot platter surrounded with the bacon, when serving.

Lentils au Gratin

Wash thoroughly 1 c lentils, soak in cold water over night, then cook slowly until tender. Make 1 c medium white sauce, add ½ c soft cheese to it, and heat gently until cheese is melted. Add the lentils, pour into a baking dish, cover the top with buttered crumbs and bake 20 m in a hot oven.

Lentils scalloped with Tomatoes and Onions

In the bottom of a baking dish place a layer of cooked lentils, over this a layer of tomatoes, then one of sliced onions, dot with butter, salt and pepper. Proceed in this manner until ingredients are used, cover the top with buttered crumbs and bake ½ h in hot oven. Serve with cream sauce.

Lentils scalloped with Fish

Mix 1 c cooked lentils, 1 c cold cooked flaked fish, or chopped meat, and ¾ c medium white sauce together. Add the juice of ½ lemon, pour into a baking dish, cover the top with buttered crumbs and bake ½ h in hot oven.

BIBLIOGRAPHY

Note. The following books may be borrowed by *members of the School*, one at a time, by sending postage with request. (Send 8c to 16c, according to distance.) They will be sent to anyone postpaid, on receipt of the price.

Simplified Cooking. Peterson and Badenoch. $1.50.
Boston Cooking School Cook Book. Fannie M. Farmer. $2.50.
Boston Cook Book. Mrs. Mary Lincoln. $2.25.
Home Science Cook Book. Barrows and Lincoln. $1.25.
Practical Cooking and Serving. Janet M. Hill. $2.50.
Cooking for Two. Janet M. Hill. $2.25.
American Cook Book. Janet M. Hill. $2.00.
Butterick Cook Book. $2.50.
Settlement Cook Book. $2.50.
Catering for Special Occasions. Fannie M. Farmer. $1.50.
Century Cook Book. Mary Roland. $3.00.
Rorer's New Cook Book. Mrs. Rorer. $2.50.
Cooking for Profit. Alice Bradley. $3.00.
Luncheons. Mary Roland. $2.00.
Principles of Cookery. Anna Barrows. $1.50.
How to Cook and Why. Condit and Long. $1.00.
Food and Dietetics. Alice Peloubet Norton. $1.50.
Feeding the Family. Rose. $2.40.
Table Service. Allen. $1.75.
The Up-to-Date Waitress. Janet M. Hill. $1.75.
New Hostess of To-day. Linda Hull Larned. $1.75.
The Book of Entrees. Janet M. Hill. $2.00.
Low Cost Cooking. Florence Nesbitt. $1.00.
Economical Cooking. Winifred S. Gibbs. $1.00.
Individual Recipes. Helen M. Spring. $0.25, postage 4c.
Vegetarian Cookery and Meat Substitutes. Mrs. Rorer. $1.50.
Candy Cook Book. Alice Bradley. $1.75.
For Luncheon and Supper Guests. Alice Bradley. $1.00.
Camp Cookery. Kephart. $1.00.
Candies and Bonbons. Marion H. Neil. $1.50.
How to Cook in Casserole Dishes. Marion N. Neil. $1.50.
The Fireless Cook Book. Margaret J. Mitchell. $1.25.
Efficient Housekeeping. Christine Frederick. $2.50.
Chemistry of the Household. Margaret E. Dodd, $1.50.
Food Materials and Their Adulterations. Ellen H. Richards. $1.00.
The Healthful Farmhouse. Helen Dodd. $0.80.
Free Hand Cooking on Scientific Principles. Bulletin of Am. School of Home Economics. $0.10.
Food Values—Practical Dietetics. Bulletin of Am. School of Home Economics. $0.10.
Ten-Cent Meals. Bulletin of Am. School of Home Economics. $0.10.

GOVERNMENT BULLETINS

Some of these are free, of the U. S. Dept. of Agriculture or your Senator at Washington, D. C. When off the free list they may be obtained from Supt. of Documents for 5c each.

256. Preparation of Vegetables for the Table.
375. Care of Food in the Home—Abel.
391. Economical Use of Meats in the Home.
487. Cheese and Its Economical Use in the Diet.
535. Sugar and Its Value as Food.
607. Farm Kitchen as a Workshop—Barrows.
653. Honey and Its Use in the Home.
712. School Lunches.
717. Food for Young Children.
771. Homemade Fireless Cookers.
808. How to Select Foods.
817. How to Select Foods. II, Cereal Foods.
824. Foods Rich in Protein.
900. Homemade Fruit Butter.
927. Farm Home Conveniences.
1109. Preserving Eggs.
1195. Rice as Food.
1236. Corn and Its Use as Food.
1313. Good Proportions in the Diet.
1324. Lamb and Mutton: Use in the Diet.
1359. Milk and Its Use in the Home.
1450. Home Baking.
1471. Canning Fruits and Vegetables.

FOR SALE BULLETINS

Send coin to the Supt. of Documents, Washington, D. C.

28. The Chemical Composition of American Food Materials, Price 10c.
100. Some Forms of Food Adulteration and Simple Methods for Their Detection, Price 10c.

A la Crême, F. (ä-lä-crām′) With cream sauce or white sauce.

Au Gratin, F. (ō-grä′-tin) A scalloped dish in which cheese is used.

Au Naturel, F. (ō-năt-ur-ĕl′) According to nature.

Blanc Mange, F. (blä-manze′) White food.

Blanquettes, F. (blăn-kĕt′) A white fricassee.

Café Noir, F. (că′-fê-nwär′) Black coffee.

Canape, F. (ca-na′-pa) A sandwich—small and highly flavored, used as an appetizer.

Casserole, F. (căs′-role) Earthen baking dish.

Croûtons, F. (crōō-tons′) Crust.

Espagnole, Sp. (es′-pa-gnul) A Spanish sauce.

Farci, F. (far′-see) Stuffed.

Fondue, F. (fon-dōō′) A dish made of cheese and eggs.

Fanchonetts, F. (Făn′-chon-ĕts′). Small pies with meringue.

Fricassee, F. (frĭ-ka-see′) Stewed and browned.

Hollandaise, F. (Hol-an-dāz′). Dutch white sauce with egg yolks and lemon.

Knofli, G. (nee′-flee) Tiny dumplings of flour.

Krummel Torta, G. (krŭm′-mel-tor′-ta) Crumb tart.

Lyonnaise, F. (lĕ-on-nāz′) Sauted dish seasoned with onions and parsley.

Maitre d'Hôtel, F. (mê-tray-dō-tel′) Master of the hotel—by the head steward.

Mayonnaise, F. (may′-on-naz′) Sauce originated in the Province of Mayon.

Meringue, F. (mĕ-rang′) A frosting of beaten white of egg and sugar.

Mousse, F. (mōōse) Froth.

Parfait, F. (par-fay′) Perfect (a frozen whipped cream mixture).

Pfeffer Nuesse, G. (fef′-fer-ness) Pepper nuts.

Pureé, F. (pū-rāy′) A soup thick with the mashed pulp of the article used.

Ragout, F. (ra-gōō′) A highly seasoned meat stew.

Ramikins, F. (ram′-e-kins) Individual baking dishes.

Salamagundi, F. (sal′-a-ma-gun′-di) A mixture of many kinds.

Soufflé, F. (sōō-flay′) Lightened with air.

Tartare, F. (tar tare′) Sharp.

Timbales, F. (tim′-balls) Cup shaped.

ā, as in lābor; ă, as in făt; ä, as in ärm; ē, as in ēve; ĕ, as in ĕnd; ê, as in êight; ō, as in ōld; ū, as in ūse; ŭ, as in ŭp; ōō, as in mōōn. F, French; G. German; Sp, Spanish.

SUMMARY OF MENUS

SEPTEMBER MENUS

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 11) OATMEAL—CREAM AND SUGAR SOFT COOKED EGGS BUTTERED TOAST COFFEE	BROILED SIRLOIN STEAK MASHED POTATOES BREAD AND BUTTER ORANGE MARMALADE FLOATING ISLAND	CREAM OF PEA SOUP—CROUTONS BREAD AND BUTTER COCOA
Tuesday (Page 16) ICED CANTALOUPE OR GRAPE FRUIT CREAM OF WHEAT WITH DATES MUFFINS COFFEE	ROAST VEAL—GRAVY BAKED POTATOES BREAD AND BUTTER COTTAGE PUDDING—CHOCOLATE SAUCE	COTTAGE PIE BREAD AND BUTTER SWEET PRESERVES LEMONADE
Wednesday (Page 20) STEWED PRUNES CORN FLAKES—CREAM AND SUGAR FRENCH TOAST SYRUP COFFEE	PAN-BROILED LAMB CHOPS MASHED POTATOES CREAMED PEAS PRUNE SOUFFLE	COLD SLICED VEAL LYONNAISE POTATOES BREAD AND BUTTER TEA
Thursday (Page 23) GRAPES COLD WATER OATMEAL CREAM AND SUGAR BAKING-POWDER BISCUITS COFFEE	CREAM OF TOMATO SOUP CRACKERS BROILED SKIRT STEAK CREAMED POTATOES PICKLES BAKED CUSTARD	MACARONI AND CHEESE BREAD AND BUTTER WHOLE MILK QUINCE AND APPLE PRESERVE
Friday (Page 27) FRIED APPLES CORNMEAL GEMS MOCK MAPLE SYRUP COFFEE	BROILED HALIBUT STUFFED POTATOES CABBAGE AND NUT SALAD CORNSTARCH BLANC MANGE	CORN SOUFFLE BREAD AND BUTTER COCOA
Saturday (Page 30) SHREDDED WHEAT WITH SLICED BANANAS POACHED EGGS ON TOAST COFFEE	VEAL CUTLETS—GRAVY MASHED POTATOES SLICED TOMATOES MOCK RASPBERRY MOUSSE	BOSTON BAKED BEANS—CATSUP BROWN BREAD TEA
Sunday (Page 34) CODDLED APPLES FARINA—CREAM AND SUGAR BUTTERED TOAST COFFEE	ROAST BEEF BROWNED POTATOES FRUIT SALAD PEACH TAPIOCA WITH WHIPPED CREAM	COLD SLICED BEEF GRAPE JELLY BREAD AND BUTTER PLAIN WHITE CAKE—BOILED FROSTING TEA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 43)	**OCTOBER MENUS**	
LIVER BROILED WITH BACON MUFFINS COFFEE	SCALLOPED CODFISH AND RICE STEWED TOMATOES APPLE SALAD KRUMMEL TORTA	CREAM OF BARLEY SOUP CROUTONS BREAD AND BUTTER ORANGE MARMALADE COCOA
Tuesday (Page 45)		
OATMEAL—CREAM AND SUGAR BAKING POWDER CINNAMON ROLLS COFFEE	FLANK STEAK—STUFFED AND BAKED CREAMED POTATOES CHILI SAUCE PEACH SHORTCAKE	MACARONI SALAD BREAD AND BUTTER CUP CAKES TEA
Wednesday (Page 47)		
FARINA WITH STEWED PRUNES MILK TOAST COFFEE	BAKED HAM MASHED POTATOES CABBAGE AU GRATIN CHOCOLATE BREAD PUDDING	OATMEAL TIMBALE WITH CREAM SAUCE BREAD AND BUTTER CURRANT JELLY TEA
Thursday (Page 50)		
CORNFLAKES CREAM AND SUGAR CHEESE FONDUE ON TOAST COFFEE	BROWN STEW OF BEEF BOILED POTATOES DUMPLINGS CABBAGE AND NUT SALAD GRAPE-NUT PUDDING	POTATO TIMBALES EN SURPRISE BISCUITS QUINCE PRESERVES TEA
Friday (Page 52)		
ORANGES BROWNED HASH CATSUP BUTTERED TOAST COFFEE	TOMATO BOUILLON—CRUTONS FINNAN-HADDIE A LA DELMONICO MASHED POTATOES BROWNED PARSNIPS BLACKBERRY SPONGE	SCALLOPED TOMATOES BREAD AND BUTTER COTTAGE CHEESE TEA
Saturday (Page 54)		
BALSTON BREAKFAST FOOD FISH CAKES BUTTERED TOAST COFFEE	HAMBURG CAKES SMOTHERED POTATOES STEWED CORN BAKED CARAMEL CUSTARD	CHEESE CRUMPETS—CRACKERS BREAD AND BUTTER TEA
Sunday (Page 58)		
GRAPEFRUIT POACHED EGGS—CREOLE STYLE COFFEE CAKE COFFEE	ROAST PORK—APPLE SAUCE BROWNED POTATOES GLAZED SWEET POTATOES PORCUPINE SALAD NUT BLANC MANGE—CHOCOLATE SAUCE	CHEESE AND PIMENTO SANDWICHES DROP CAKES COCOA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 77) ORANGES BROILED BACON BUTTERED TOAST POTATOES BROWNED IN CREAM COFFEE	**NOVEMBER MENUS** POT ROAST OF BEEF WITH PRUNES PARISIAN POTATOES KIDNEY BEANS STEAMED APRICOT PUDDING ORANGE SAUCE	CREAM OF POTATO SOUP CRACKERS SOUR CREAM BISCUITS MAPLE SYRUP GINGER SNAPS TEA
Tuesday (Page 80) OATMEAL AND RAISINS FRENCH TOAST CREAM AND SUGAR CARAMEL SYRUP COFFEE	PORK TENDERLOIN—GRAVY MASHED POTATOES SCALLOPED PUMPKIN AND RICE ORANGE SURPRISE	DANISH SWEET SOUP CRACKERS BEAN CROQUETTES BREAD AND BUTTER TEA
Wednesday (Page 83) STEWED APRICOTS OATMEAL FRITTERS DRY TOAST COFFEE	ROAST LAMB—MINT SAUCE POTATOES A LA MAITRE HOTEL CARROTS INDIAN PUDDING—HARD SAUCE	SALMON TIMBALES—CREAM SAUCE BREAD AND BUTTER COCOA
Thursday (Page 86) PETTIJOHN—CREAM AND SUGAR POACHED EGGS ON TOAST COFFEE	MOCK PIGEON—DRESSING ESPAGNOLE SAUCE BAKED SWEET POTATOES COMBINATION SALAD WASHINGTON PIE	IRISH STEW BREAD AND BUTTER SPICED PEACHES TEA
Friday (Page 88) BAKED BANANAS HAMBURG CAKES BUTTERED TOAST COFFEE	BOUILLON BAKED WHITE FISH—STUFFING MASHED POTATOES KOHLRABI SAUCE HOLLANDAISE BAKED RICE PUDDING	TOMATO AND CHEESE PUDDING HOT BISCUITS APRICOT PRESERVES TEA
Saturday (Page 92) FARINA FISH CAKES BREAKFAST MUFFINS COFFEE	RAGOUT OF BEEF WITH RICE BORDER SPINACH BALLS CHOCOLATE BREAD PUDDING VANILLA SAUCE	SWEET POTATO AND ALMOND CROQUETTES BROWN BREAD CREAM CHEESE TEA
Sunday (Page 95) GRAPEFRUIT CORNFLAKES—CREAM AND SUGAR SOFT-COOKED EGGS BUTTERED TOAST COFFEE	STEWED CHICKEN—DUMPLINGS MASHED POTATOES CREAMED TURNIPS CRANBERRY JELLY FRUIT PUDDING—HARD SAUCE	OYSTER STEW—CRACKERS NUT BROWNIES CANNED FRUIT COCOA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 121) CORNMEAL MUSH COUNTRY SAUSAGE AND FRIED APPLES MUFFINS COFFEE	**DECEMBER MENUS** BOILED HAM CREAMED POTATOES PUMPKIN TIMBALE JELLIED FIGS WITH CREAM	FRIED EGG PLANT BREAD AND BUTTER TEA
Tuesday (Page 124) SHREDDED WHEAT AND PEACHES FRIED CORNMEAL MUSH SYRUP TOAST COFFEE	CREAM OF CELERY SOUP—CROUTONS VEAL POT PIE MASHED POTATOES SUCCOTASH SWEET RICE CROQUETTES	HAM OMELET—TOMATO SAUCE HOT BISCUITS RASPBERRY JAM TEA
Wednesday (Page 127) ORANGES CREAMED CODFISH POTATO CAKES RYE MUFFINS COFFEE	BELGIAN HARE EN CASSEROLE SCALLOPED POTATOES BAKED SWEET POTATOES LEMON PIE	MUSHROOMS WITH MACARONI AND KIDNEY BROWN BREAD AND BUTTER HERMITS TEA
Thursday (Page 131) RALSTON FOOD—CREAM AND SUGAR WAFFLES MAPLE SYRUP COFFEE	CANNELON OF BEEF STUFFED POTATOES SCALLOPED CORN AND TOMATOES BANANA SHORTCAKE WITH ENGLISH CREAM	RABBIT STEW BREAD AND BUTTER TEA
Friday (Page 134) APPLE SAUCE TRIPE—FRIED IN BATTER CORNBREAD COFFEE	BOILED SALMON—EGG SAUCE MASHED POTATOES CARROTS IN TURNIP CUPS PRUNE BLANC MANGE	CABBAGE MOULD WITH MEAT BALLS AND TOMATO SAUCE GRAHAM BREAD TEA
Saturday (Page 137) PETTIJOHN WITH RAISINS—CREAM AND SUGAR SCOTCH SCONES MAPLE SYRUP COFFEE	FLANK STEAK BRAIZED WITH VEGETABLES BANANA SALAD WAFERS ENGLISH APPLE TART	RISOTTO BREAD AND BUTTER LEMON BUTTER TEA
Sunday (Page 141) CRACKED WHEAT—CREAM AND SUGAR JELLY OMELET DRY TOAST COFFEE	CORN SOUP—WAFERS ROAST BEEF YORKSHIRE PUDDING FRANCONIA POTATOES LEMON SPONGE—SOFT CUSTARD	CREAMED SWEETBREADS ON TOAST DEVIL'S FOOD CAKE PRESERVED STRAWBERRIES COCOA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 159)	**JANUARY MENUS**	
OATMEAL—CREAM AND SUGAR BUCKWHEAT CAKES SYRUP COFFEE	BRAIZED HEART WITH DRESSING BAKED POTATOES CREAMED ONIONS APPLE FARCI AND CREAM	WELSH RAREBIT ON CRACKERS BREAD AND BUTTER STEWED PEARS COCOA
Tuesday (Page 161)		
PETTIJOHN—CREAM AND SUGAR LAMB CHOPS CORNMEAL MUFFINS COFFEE	HAM AND EGGS A LA BERG SCALLOPED RICE AND TOMATOES CELERY, APPLE, AND GREEN PEPPER SALAD SPANISH SOUFFLE—SABYON SAUCE	CREAM OF RICE SOUP DELMONICO POTATOES BREAD AND BUTTER TEA
Wednesday (Page 163)		
TART APPLES RICE CAKES BREAD AND BUTTER HONEY COFFEE	ROAST QUAIL GREEN GRAPE JELLY BROWN GRAVY POTATO CUBES BROWNED PARSNIPS PEACH SPONGE CAKE	SCALLOPED SALMON AND SPAGHETTI BAKING-POWDER BISCUITS CURRANT JELLY TEA
Thursday (Page 165)		
CREAM OF WHEAT WITH SLICED BANANAS BREAD CRUMB GRIDDLE CAKES MAPLEINE SYRUP COFFEE	BOILED CORNED BEEF BOILED POTATOES CABBAGE AND TURNIPS STEAMED CHOCOLATE PUDDING	SCALLOPED QUAIL HASHED BROWNED POTATOES BREAD AND BUTTER SUGAR COOKIES TEA
Friday (Page 168)		
ORANGES GRAPE-NUTS—CREAM AND SUGAR FRIED CREAM OF WHEAT BROWN SUGAR SYRUP COFFEE	CREAM OF CABBAGE SOUP ROAST SHOULDER OF VEAL—STUFFED POTATOES A LA ANNA PARSNIP TIMBALES PINE-APPLE TAPIOCA	CORNED BEEF HASH—CATSUP MUFFINS DAMSON PLUM SAUCE TEA
Saturday (Page 170)		
SLICED BANANAS AND CREAM EGGS A LA SUISSE ON TOAST COFFEE	PORK CHOPS MASHED POTATOES STEWED TOMATOES LETTUCE SALAD MOCK CHERRY PIE	VEAL AND POTATO ROLL BREAD AND BUTTER FRESH DOUGHNUTS TEA
Sunday (Page 173)		
BAKED APPLES FARINA—CREAM AND SUGAR DATE MUFFINS COFFEE	FRICASSEE OF CHICKEN MASHED POTATOES SPINACH EGG AND TOMATO JELLY SALAD MOCK BAVARIAN CREAM	SCALLOPED OYSTERS BROWN BREAD AND BUTTER OATMEAL MACAROONS CHERRIES TEA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 190) FARINA WITH CHOPPED DATES FLANNEL CAKES SYRUP COFFEE	**FEBRUARY MENUS** BEEFSTEAK PIE HOMINY SOUFFLE CREAMED STRING BEANS ORANGE AND CELERY SALAD TAPIOCA COCOANUT CREAM	CREAMED SARDINES SCALLOPED MACARONI AND TOMATOES GRAHAM NUT GEMS TEA
Tuesday (Page 193) STEWED APRICOTS CHEESE OMELET BUTTERED TOAST COFFEE	PLAIN POT ROAST MASHED POTATOES BAKED SQUASH CABBAGE AND APPLE SALAD CHERRY SOUFFLE	CODFISH—CREOLE STYLE RYE BREAD APPLE SAUCE TEA
Wednesday (Page 195) HOMINY GRITS—CREAM AND SUGAR POTATO PUFFS HOT BISCUITS COFFEE	SCOTCH STEW BOILED RICE BAKED ONIONS—CREAM SAUCE CUBAN PUDDING	MEAT SOUFFLE BREAD AND BUTTER JELLY OATMEAL COOKIES TEA
Thursday (Page 198) SAUTED BANANAS RICE WAFFLES SYRUP COFFEE	BEEF OLIVES MASHED POTATOES KNÖFLI MAPLE CUSTARD PIE	SQUASH SOUP POTATO FRITTERS—GERMAN FASHION RAISIN BREAD AND BUTTER STEWED FIGS TEA
Friday (Page 201) CRACKED WHEAT-CREAM AND SUGAR EGGS BROUILLI ON TOAST COFFEE	SALMON LOAF WITH WHITE SAUCE RICED POTATOES LIMA BEANS GREEN TOMATO PICKLES APPLE TAPIOCA PUDDING	POTATOES STUFFED WITH MEAT BROWN BREAD AND BUTTER TARTS TEA
Saturday (Page 203) ORANGES BROWNED FISH HASH POP-OVERS COFFEE	STEWED KIDNEYS POTATOES AU GRATIN TOMATOES WITH SAVORY CUSTARD CHOCOLATE MOUSSE	RICE CAKES MUTTON CHOPS FIG TURNOVERS TEA
Sunday (Page 207) GRAPEFRUIT PETTIJOHN—CREAM AND SUGAR FRUIT GEMS COFFEE	ROAST DUCK—GIBLET SAUCE MASHED POTATOES CREAMED CELERY CRANBERRY SAUCE CABINET PUDDING	JELLIED VEAL CELERY AND WALNUT SALAD POUND CAKE GOOSEBERRY JAM COCOA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 223) RALSTON—CREAM AND SUGAR TONGUE ON TOAST DOUGHNUTS COFFEE	**MARCH MENUS** MOCK DUCK MASHED POTATOES PEAS—ENGLISH FASHION ORANGE AND MALAGA GRAPE SALAD COFFEE CREAM	FRIZZLED BEEF WITH EGG—TURKISH PILAF SWEDISH ROLLS GRAPE JAM TEA
Tuesday (Page 226) PETTIJOHN—CHOPPED FIGS CREAM AND SUGAR EGGS IN BATTER DRY TOAST COFFEE	SPLIT PEA SOUP BRAIZED LIVER WITH VEGETABLES POTATO BALLS IN CREAM HOT SLAW PRUNE PIE	SHEPHERD'S PIE SQUASH TIMBALE BREAD AND BUTTER TEA
Wednesday (Page 229) TANGERINES CREAMED MACKEREL CORNMEAL PUFFS COFFEE	BREADED MUTTON CHOPS STEWED POTATOES PEAS ST. DAVID'S PUDDING	SWEETBREAD SOUFFLE BAKED POTATOES ALMOND ROLLS BLACKBERRY AND CURRANT JAM TEA
Thursday (Page 232) OATMEAL—CREAM AND SUGAR SAUSAGE CREAM SCONES COFFEE	VEAL LOAF MASHED POTATOES STEWED CELERY BROWN BETTY—NUTMEG SAUCE	CREAM OF VEGETABLE SOUP SCALLOPED STAGHETTI BROWN BREAD TEA
Friday (Page 235) CANNED PEARS ON CORNFLAKES OATMEAL WAFFLES SYRUP COFFEE	JERUSALEM FISH BALLS POTATOES A LA CREME MACARONI ENGLISH FASHION PRUNE JELLY WITH CREAM	MOCK OYSTERS BAKED ONIONS WHOLE WHEAT BREAD AND BUTTER TEA
Saturday (Page 238) CREAM OF WHEAT—CREAM AND SUGAR CREAMED DRIED BEEF SPONGE BISCUITS COFFEE	NOODLE SOUP BOILED BEEF BOILED POTATOES TURNIPS—GERMAN FASHION FRESH GINGERBREAD STEAMED FRUIT ROLL—LEMON SAUCE	BOILED RICE PEA CHOWDER BREAD AND BUTTER TEA
Sunday (Page 242) BAKED FIGS SAVORY RICE CROQUETTES DRY TOAST COFFEE	CREAM OF CELERY SOUP PLANKED STEAK WITH VEGETABLES GRAPEFRUIT, DATE AND NUT SALAD MAPLE BAVARIAN CREAM	FRICASSEED OYSTERS—WAFERS BREAD AND BUTTER PINEAPPLE SPICE CAKES COCOA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 256)	**APRIL MENUS**	
BANANAS AND CREAM SCRAMBLED EGGS WITH CHOPPED MEAT DRY TOAST COFFEE	VEAL—ITALIAN STYLE FRENCH FRIED SWEET POTATOES BREAD AND BUTTER JELLY JERUSALEM PUDDING	ALMOND STEAK HASHED BROWNED POTATOES NUT BREAD TEA
Tuesday (Page 258)		
PUFFED RICE—CREAM AND SUGAR POTATOES FRIED FROM THE RAW HOT CORNBREAD COFFEE	BEEF ROLL NEW POTATOES IN CREAM BEETS ITALIAN FASHION RHUBARB PIE	SAUTED BRAINS RICE SOUFFLE BREAD AND BUTTER PLUM JELLY TEA
Wednesday (Page 261)		
PETTIJOHN—CREAM AND SUGAR MILK TOAST—GERMAN STYLE COFFEE DOUGHNUTS	BLANQUETTES OF CALVES' HEARTS BOILED RICE GREEN PEAS KIDNEY BEAN SALAD PINEAPPLE SNOW	INDIVIDUAL MEAT PIES CHOCOLATE HERMITS TEA
Thursday (Page 263)		
WHEAT BERRIES WITH BAKED APPLES—CREAM AND SUGAR FRENCH HASH DRY TOAST COFFEE	BAKED LOIN OF MUTTON BROWNED POTATOES STEWED TOMATOES TURNIPS IN JELLY APPLE DUMPLINGS	LENTIL SOUFFLE BROWN BREAD AND BUTTER TEA POOR MAN'S TARTLETS
Friday (Page 266)		
FARINA—CREAM AND SUGAR MUTTON RAMIKINS COFFEE CAKE COFFEE	HALIBUT A LA POULETTE MACARONI WITH BROWN SAUCE PEAS IN TIMBALES CHOCOLATE FARINA CUSTARD	BEEFSTEAK WITH ONIONS POTATOES WARMED IN MILK BREAD AND BUTTER TEA
Saturday (Page 269)		
STEWED PRUNES BROILED BACON ON TOMATO TOAST CREAM MUFFINS COFFEE	KIBBEE RICED POTATOES SPRING CARROTS BAKEWELL PUDDING	SCALLOPED FISH AND MACARONI RAISIN BROWN BREAD TEA
Sunday (Page 272)		
ICED GRAPE FRUIT POTATO CROQUETTES HOT CROSS BUNS COFFEE	CROWN OF PORK MASHED POTATOES BROWNED SPRING ONIONS EGG AND CRESS SALAD GERMAN PUFFS—SABYON SAUCE	COLD SLICED TONGUE PINEAPPLE AND BANANA SALAD WAFERS PFEFFER NUESSE COCOA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 289)	**MAY MENUS**	
CREAM OF WHEAT BROILED BEEF PATTIES ZANTÉ MUFFINS COFFEE	BEEF A LA MODE MASHED POTATOES CUCUMBERS A LA POULETTE APPLE SALAD FRUIT CANNELONS WITH CREAM	CHAMBERY POTATOES LUNCHEON ROLLS JELLY TEA
Tuesday (Page 292)		
OATMEAL—CREAM AND SUGAR EGGS A LA BUCKINGHAM DRY TOAST COFFEE	LAMB FRICASSEE—PEAS HONGROISE POTATOES ASPARAGUS PINEAPPLE FANCHONETTES	POTATO CAKES CHEESE BALLS BREAD AND BUTTER TOMATO PRESERVES TEA
Wednesday (Page 294)		
CODDLED APPLES OATMEAL TIMBALES—CREAM SAUCE HOE CAKE COFFEE	CREAM OF ASPARAGUS SOUP BRAIZED BEEF TONGUE POTATO CUBES CARROTS AU GRATIN LEMON MILK SHERBET SPONGE CAKE	COLD SLICED BEEF STEAMED RICE EGG ROLLS PEACH BUTTER TEA
Thursday (Page 298)		
ORANGES CREAMED ZWEIBACH WITH EGG TIMBALES COFFEE	FRICASSEED VEAL MASHED POTATOES STUFFED TOMATOES NEW BEETS—PICKLED PEACH CANAPES	TONGUE SOUFFLE BREAD AND BUTTER JELLY TEA
Friday (Page 301)		
CANNED PLUMS LAMB CHOPS BUTTERED TOAST COFFEE	PLANKED SHAD DUCHESS POTATOES CREAMED BRUSSELS SPROUTS CUCUMBERS WITH FRENCH DRESSING RASPBERRY SPONGE	VEAL CROQUETTES CURRANT JELLY POTATO BISCUITS TEA
Saturday (Page 304)		
FARINA GERMAN TOAST COFFEE	NUT CROQUETTES MASHED POTATOES ONION SOUFFLE WILTED LETTUCE STRAWBERRY SHORTCAKE	FISH A LA CREME BROWN BREAD AND BUTTER TEA
Sunday (Page 307)		
FRESH STRAWBERRIES WITH POWDERED SUGAR PUFFED RICE CHEESE OMELET CINNAMON ROLLS COFFEE	FRIED CHICKEN—GRAVY MASHED POTATOES TOMATOES WITH CREAM SAUCE APPLE, DATE AND CELERY SALAD VANILLA ICE CREAM MACAROONS	COLD BOILED HAM BEET SALAD WHITE CAKE WITH MOCHA FROSTING COCOA

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 264) SLICED BANANAS PUFFED WHEAT AND GRAPENUTS BROILED BACON BREAD AND BUTTER COFFEE	**JUNE MENUS** DEVILLED STEAK STEAMED POTATOES STRING BEANS—BUTTER SAUCE FRUIT CREAM CAKE	SPANISH OMELET BREAD AND BUTTER MOLASSES COOKIES BOILED RICE—CREAM AND SUGAR
Tuesday (Page 329) ORANGES OR STRAWBERRIES BREAKFAST STEW RICE MUFFINS COFFEE	SPARERIBS OF PORK FRANCONIA POTATOES LIMA BEANS CUCUMBER AND RADISH SALAD RICE CREAM	CHEESE SOUFFLE LETTUCE SALAD BREAD AND BUTTER JUNKET DROP CAKES
Wednesday (Page 333) GERMAN PUFF WITH CREAM SAUCE BUTTERED TOAST COFFEE	RUMP ROAST WITH CATSUP BROWNED POTATOES CREAMED CARROTS CHOW CHOW COFFEE CHARLOTTE RUSSE	SCALLOPED POTATOES WITH BACON CHERRY SALAD BREAD AND BUTTER ICED TEA
Thursday (Page 336) STRAWBERRIES CALVES BRAINS, SOUTHERN STYLE TOAST COFFEE	MEAT SOUFFLE—MUSHROOM SAUCE BAKED POTATOES WAX BEANS STRAWBERRY SPONGE CAKE	JELLIED BEEF ONION SALAD BROWN BREAD AND BUTTER CREAM PUFFS
Friday (Page 340) VITOSE—CREAM AND SUGAR SHIRRED EGGS BISCUIT COFFEE	BAKED TROUT—TARTAR SAUCE OR DRAWN BUTTER MASHED POTATOES PEAS IN CREAM SPONGE PUDDING—STRAWBERRY SAUCE	MACARONI CROQUETTES BANANA AND PEANUT SALAD BREAD AND BUTTER CHOCOLATE
Saturday (Page 344) RHUBARB SAUCE WITH CORNFLAKES WAFFLES MAPLE SYRUP COFFEE	BREADED VEAL STEAK NEW POTATOES IN CREAM CREAMED CAULIFLOWER RADISHES CHERRY PIE	RUSSIAN SALAD HOT ROLLS STRAWBERRY TARTS ICED TEA
Sunday (Page 348) SHREDDED WHEAT BISCUITS FILLED WITH STRAWBERRIES EGGS IN NEST HOT COFFEE CAKE COFFEE	LENOX LAMB WITH PEAS NEW POTATOES ORANGE AND MINT SALAD STRAWBERRY ICE CREAM	DEVILLED HAM SANDWICHES CELERY, CARROT AND NUT SALAD NUT LOAF CAKE FRESH CURRANT CRUSH

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 364) POST TOASTIES RED RASPBERRIES SCRAMBLED EGGS WITH CHOPPED TOMATOES TOAST COFFEE	**JULY MENUS** SAVORY MEAT CASSEROLE POTATOES LETTUCE CHERRY PUDDING CUSTARD SAUCE	POTATO SALAD ON LETTUCE BREAD AND BUTTER ICED TEA CAKE
Tuesday (Page 367) BERRIES OR OTHER FRESH FRUIT FRIZZLED BEEF TOAST COFFEE	ROAST MUTTON BAKED SAVORY RICE SCALLOPED CORN MINT PUNCH PINEAPPLE FANCY	INDIVIDUAL BEEF ROLLS CRESS AND ORANGE SALAD BREAD AND BUTTER TEA
Wednesday (Page 370) GRAPENUTS WITH SLICED BANANAS AND CREAM BAKED EGGS TOAST COFFEE	MOULDED SALMON BAKED POTATO SALAD CRESS BROWN BREAD AND BUTTER COCOANUT CUSTARD PIE	MUTTON AND TOMATO PIE BREAD AND BUTTER BLUEBERRY TARTS ICED CHOCOLATE
Thursday (Page 373) FRUIT RICE AND CHEESE RAREBIT ON TOAST COFFEE	BROILED PORTERHOUSE BOILED POTATOES CORN ON THE COB SLICED CUCUMBERS RASPBERRY SHERBET TEA CAKES	TOMATO, CUCUMBER AND WALNUT SALAD SALMON JELLY SANDWICHES TEA CAKES MILK
Friday (Page 376) MOULDED CREAM OF WHEAT WITH FRESH FRUIT CORN FRITTERS SYRUP COFFEE	BAKED CODFISH IN CREAM MASHED POTATOES STRING BEANS IN BUTTER SAUCE SLICED TOMATOES ICED PEACHES STUFFED WITH NUTS	EGG AND CHEESE SALAD BREAD AND BUTTER SANDWICHES PINEAPPLE TRIFLE
Saturday (Page 379) PUFFED RICE—CREAM AND SUGAR CODFISH PUFFS—CREAM SAUCE BREAD AND BUTTER COFFEE	SCALLOPED HAM POTATOES BAKED GREEN PEAS CREAM OF FRUITS SPONGE CAKE	STRING BEAN SALAD BAKED TOMATOES BREAD AND BUTTER BAKED CUSTARD
Sunday (Page 383) FRESH FRUIT SOFT COOKED EGGS TOAST COFFEE OATMEAL COOKIES	SMOTHERED CHICKEN NEW POTATOES SALAMAGUNDI SALAD PEACH PARFAIT CAKE	CLUB SANDWICHES RASPBERRIES AND CREAM

BREAKFAST	DINNER	LUNCHEON OR SUPPER
Monday (Page 395) MAPLE FLAKE—CREAM AND SUGAR. ORANGE OMELET TOAST COFFEE	**AUGUST MENUS** ROAST LEG OF LAMB MASHED POTATOES SPINACH PINEAPPLE AND CHEESE SALAD PEACHES IN BLOOM	RICE AND CHEESE CROQUETTES WITH TOMATO SAUCE BREAD AND BUTTER MARGUERITES ICED TEA
Tuesday (Page 397) ICED MUSKMELON POTATO BUFF WHOLE WHEAT BISCUIT COFFEE	STUFFED CORNED BEEF NEW POTATOES IN CREAM HOT SLAW LIMA BEANS VANILLA ICE CREAM WITH HOT SAUCE	CREOLE LAMB BOILED RICE BREAD AND BUTTER LEMON GEMS LEMONADE
Wednesday (Page 401) MOULDED CREAM OF WHEAT WITH FRESH GOOSEBERRY CRUSH EGGS ENGLISH FASHION SOUTHERN SPOON BREAD COFFEE	FLANK CHOPS WITH MUSHROOM SAUCE NEW POTATOES BOILED WITH JACKETS ON STEAMED CORN ON COB SLICED TOMATOES COCOANUT CAKE FRUIT CUSTARD	SURPRISE ROLL BREAD AND BUTTER LEMON GEMS ICED TEA
Thursday (Page 403) FORCE—CREAM AND SUGAR HOT FRANKFURTS HOT BISCUIT COFFEE	BEEF PUDDING WITH TOMATO AND SPAGHETTI POTATOES ON THE HALF SHELL CUCUMBER SALAD PEACH SHORTCAKE	EGG SANDWICHES COTTAGE CHEESE CAKE ICED TEA
Friday (Page 406) BLACKBERRIES FRENCH OMELET WITH CURLED BACON TOAST COFFEE	FRIED FISH—LEMON SAUCE MASHED POTATOES SUMMER SQUASH APRICOT AND RED PLUM SALAD CANTALOUPE SHERBET	CORN CUSTARD GRAHAM DROP CAKES COOKIES ORANGEADE
Saturday (Page 408) FRESH PLUMS FISH WITH BROWNED SAUCE TOAST COFFEE	ROUND STEAK A LA QUIN WITH TOMATO SAUCE POTATOES—BUTTER SAUCE GREEN ONIONS PEACH COBBLER	SQUASH SOUFFLE FRESH ROLLS APPLE SAUCE ICED COFFEE
Sunday (Page 411) SLICED PEACHES AND CREAM EGG AND CHEESE CREAM ON TOAST COFFEE	ICED FRUIT SOUP CROWN ROAST OF LAMB CREAMED POTATOES PEAS SLICED TOMATOES AND CUCUMBERS ON LETTUCE PEACH ICE CREAM CAKE	COLD SLICED LAMB POTATO AND PEA SALAD ROLLS CAKE FRUIT PUNCH

THANKSGIVING DINNER

(Page 98)

CLEAR TOMATO SOUP—CRACKER CRISPS
ROAST TURKEY
POTATO STUFFING
CANDIED SWEET POTATOES
CRANBERRY JELLY IN ORANGE CUPS
ORANGE AND CHERRY SALAD
STEAMED FIG PUDDING—FOAMY SAUCE
COFFEE
FRUIT NUTS AND RAISINS

Color Scheme: Red and Yellow

CHRISTMAS DINNER

(Page 144)

SHRIMP COCKTAIL
ROAST GOOSE—APPLE AND PRUNE STUFFING
RICED POTATOES TURNIP SOUFFLE
CURRANT JELLY
WALDORF SALAD IN RED APPLE SHELLS
SNOW BALLS WITH STRAWBERRY SAUCE
SALTED ALMONDS BONBONS

ONE O'CLOCK INFORMAL LUNCHEON

(Page 176)

OYSTERS A LA CREOLE IN TIMBALES
BREAD AND BUTTER SANDWICHES
CUCUMBER AND SWEETBREAD SALAD
CHEESE WAFERS IMPERIAL CREAM
COFFEE SALTED ALMONDS

CHAFING DISH SUPPER FOR EIGHT PEOPLE

(Page 245)

SALMON HOLLANDAISE IN TIMBALE CASES
PIMENTO AND OLIVE SALAD EN WAFERS
WHITE AND BROWN BREAD AND BUTTER SANDWICHES
LEMON SHERBET WITH CHERRIES AND ANGELICA
ANGEL CAKE COFFEE

EASTER LUNCHEON

(Page 267)

MINT COCKTAIL
CHICKEN CROQUETTES WITH MUSHROOM SAUCE
FINGER ROLLS BIRD'S-NEST SALAD
ANGEL PARFAIT IN ROLLED VANILLA WAFERS
WHITE AND SUNSHINE CAKE
WHITE AND YELLOW CANDY EGGS

MAY BREAKFAST

(Page 311)

STRAWBERRIES AU NATUREL
LAMB CHOPS POTATO PUFFS
MINT AND GREEN PEA JELLY
HOT ROLLS
WAFFLES MAPLE SYRUP
COFFEE

WEDDING BREAKFAST

(Page 352)

FRUIT PUNCH
HALIBUT TURBANS—HOLLANDAISE SAUCE
NEW POTATO BALLS OLIVES
SWEETBREAD CROQUETTES
NEW PEAS IN TIMBALE CASES HOT ROLLS
MOULDED CUCUMBER JELLY SALAD
GRISINI
WEDDING CAKE AND BRIDE'S CAKE
PINEAPPLE PARFAIT
CREAM PATTIES

CHILD'S FOURTH OF JULY BREAKFAST

(Page 368)

SALMON CROQUETTES
NEW POTATO BALLS IN CREAM
RED RADISHES RED BEETS
HOT ROLLS
RASPBERRY, PINEAPPLE AND PLUM SALAD WITH LEMON CREAM SAUCE
STRAWBERRY ICE CREAM COOKIES
TORPEDO CANDIES

FORMAL DINNER

(Page 414)

FISH CANAPES
ICED BOUILLON OR HOT BOUILLON—EGG BALLS
PULLED BREAD
SALTED NUTS OLIVES
FILLET OF BEEF—HORSERADISH SAUCE
FRANCONIA POTATOES CORN SOUFFLÉ
CURRANT ICE
TOMATO CUP SALAD SALTED TRIANGLES
FROZEN PUDDING
BON BONS MACAROONS
CAFE NOIR CHEESE WAFERS

QUICK LUNCHEONS

(Page 422)

CREAMED EGGS BREAD
FRESH FRUITS COOKIES
ICE TEA WITH FRESH MINT

Luncheon 2

LETTUCE AND CHEESE SALAD
BREAD AND BUTTER
SPONGE CAKE ICED CHOCOLATE

DINNER—FIRELESS COOKER

(Page 422)

POT ROAST WITH POTATOES AND VEGETABLES
LETTUCE SALAD BREAD
FRESH PEACH COBBLER

QUICK DINNER—COLD

(Page 423)

JELLIED VEAL POTATO SALAD
GARNISHED WITH HARD COOKED EGGS
BEET PICKLES
CREAM OF FRUIT AND CAKE
ICE COFFEE

QUICK DINNER—HOT

(Page 424)

BROILED MEAT OR FISH
CREAMED POTATOES SLICED TOMATOES
FRUIT SALAD CAKE

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